



Welcome to our Annual Report 2015. Another busy year for us, which sees us change our name from Tipperary Regional Youth Service to Youth Work Ireland Tipperary, in recognition of the fact that we are affiliated to Youth Work Ireland and are part of a larger national youth service provider. 2015 has seen us grow and innovate, with new programmes in youth health, youth mental health, youth employment, arts and international youth work. We have continued to place a strong emphasis on youth participation as being a core element of everything we do, and are embracing new ways of engaging with our young people and the community of Tipperary and East Limerick. I hope that this annual report gives a full picture of all that we do, and I'd like to take this opportunity to acknowledge the amazing work our staff, volunteers, board, partners and especially our young people do on a daily basis to make Youth Work Ireland Tipperary the organisation that it is.

Cora Horgan CEO

The past year has been the most productive and rewarding year that the Junior Board have had so far. We began the year by finishing off our Green Revolution Event to promote environmental awareness through a project similar to Junk Kouture, we had 2 national winners from the Junk Kouture competition down to speak and model their outfits on the day. During the summer our board member Fintan Dwyer travelled to Geneva to present the Picture Your Rights book to the United Nations. He did us proud and represented Ireland and TRYS well. The rest of our summer was spent getting ready to host a group of Greeks during August. This experience is one we will never forget. Overall the week went amazingly with the Greeks enjoying themselves and learning about our culture as well as strong friendships being made which carried on through to October when we travelled to Florina in Greece. This trip was one we all loved and will never forget, we spent the week visiting famous sites, local places and learning all about the Greek culture. We extend a great thanks to everyone who

was involved in making that trip happen. Also in October our board travelled up to Dublin Castle for the Youth Work Ireland hear us now! Conference was on. Also at this event a video was played which showed the work the junior board does and how we are an example of young people and decision makers. In March a member of our board spoke at the NYCI Screenagers Launch about a young person's perspective on social and digital media in youth work. To close our Junior Board have finished off this year by gaining new members from all different clubs and projects and so far they seem to be enjoying the experience.

Dannielle Gayson  
Chairperson JBOM

On behalf of the Board of Youth Work Ireland Tipperary, I would like to thank all our supporters for 2015, who worked with our staff and young people to make the year a busy, creative and exciting one for Youth Work Ireland Tipperary. We work closely with our partners across Tipperary and East Limerick to ensure that there is a strong and vibrant youth service for young people. I am delighted to see that we have a range of volunteer led youth clubs, as well as our youth projects working with young people across our region. I would also like to thank and compliment my fellow board members on the role they play in shaping the organisation, and of course the staff of Youth Work Ireland Tipperary who work constantly to provide a safe, secure, quality driven youth service.

I would like to continue to highlight the important that youthwork plays in the lives of young people and the positive impact that it can have on their opportunities, decision making and resilience. Changing our name to Youth Work Ireland Tipperary reflects our constant work to change and adapt to changes locally and nationally, all the while keeping young people at the center of what we do.

Paul Keating  
Chairperson Board of Directors.



### HEALTH PROMOTION

Youth Work Ireland Tipperary is a gold standard health promoting organisation under NYCI's Health Promotion Quality Standards. Part of this achievement means that health promotion is part of everything that we do, and we keep it to the front of our planning and delivery of programmes and services. Health promotion is a key element of our strategic plan

<b>Goal 1</b> To support and nurture young people, their talents, skills and experiences (Youth Engagement and Development)	<b>Objective 1.1</b> To achieve a balanced range of service delivery so that a broad range of young people are attracted to take part.	<b>Action:</b> Deliver a balanced programme of youth work that is directly linked to the Ottawa charter
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#### PROMOTING THE OTTAWA CHARTER:

##### Strengthening Community Action:

- ContribYOUTH
- GLO- CAL

##### Developing Personal Skills (see below for more info)

- Activ8
- Snow White and the 7 Mental Health Helpers

##### Building Healthy Public Policy

- our involvement in local policy making agencies
- Local Community Development Committee (County Council)
- Children and Youth People Services Committee

##### Creating Supportive Environments

- Our youth projects and clubs
- Our buildings and staff

##### Reorienting Health Services

- Supporting the development of Jigsaw in Tipperary
- Participation in the Connecting for Life Strategy



#### Activ8 Summer Programme 2015

224 young people participated in events in TRYS main locations- Tipperary, Cashel, Templemore, Littleton and Thurles between June and August 2015. The Activ8

Summer Programme was a pilot programme which aimed at getting young people in Tipperary more active over the summer months. The programme targeted those aged 12-18 years. The programme offered a broad range of activities and a flexible approach so young people could experience a wide variety of healthy and active pursuits in a fun and supportive manner. Young people's participation was recorded using stamp cards and those who completed 8 activities were entered into a draw for an iPad and Sports Vouchers.



- Tipperary's Highlight Events- Radio/PR Training programme, Music Technology programme, Urban Art and Music- Graffiti and DJ Skills Workshops, Horse-riding , Cake Decorating and Sugar Craft Workshop, Hike to the top of Galtee Mor, Basketball, Bowling
- Cashel's Highlight Events-Urban Art and Music- Graffiti and DJ Skills Workshop, Photography skills programme, 'Cool Ceoil' Music Skills Taster Workshop, Teen Fitness Hour,



- Templemore's Highlight Events-Gym and Swim Sessions, Waterpark trip, Film-making programme, Soccer League, Roll and Bowl, Film-making, Darts Competition, Table Quiz
- Thurles and Littleton's Highlight Events- Graffiti Art Workshop, Gym and Swim Sessions, Gardening Project, Multi-media workshop, Pool



Tournament, School Completion Camp, Sports Fest events

- Amazing Regional Events included Launch Event with Bubble Soccer and Martial Arts, Junior Treasure Hunt in Templemore Park, Senior Groups Trip to Blackpool, England, 'Let's Go Mental' Comhairle na Nog Positive Mental Health Event, Green Revolution Event, Level 1 Kayaking Skills Training on the River Suir in conjunction with the Tipperary Sports Partnership, Regional Pool tournament



We were delighted at the end of 2015 to receive notification of support from the Coca Cola Thank You fund for 2016 for Activ8!

**Be Well Tipperary Week!**

At the end of 2015 Youth Work Ireland Tipperary organised a Be Well Tipperary Campaign, running concurrently with 3 towns in Tipperary on the one week in December, bringing together a range of youth mental health initiatives in order to raise the profile of what's happening in youth mental health in the county, and to kick start further initiatives as well as engaging local communities. We wanted to the profile of youth mental health as a topic and host a range of initiatives, using the Little Things Campaign as the general theme for the week.



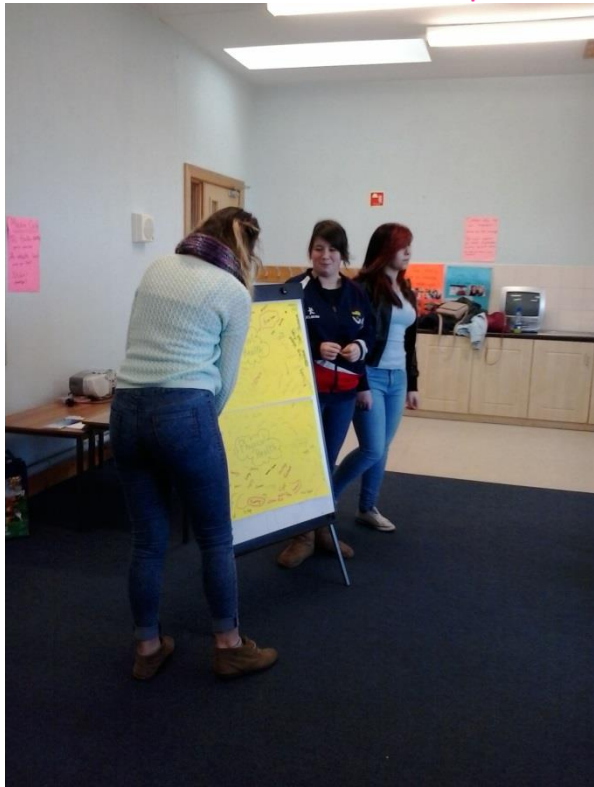
Actions that took place over the week:

LIT Thurles Campus	All-Day: LIT Students & Bring a friend to Tea event in the canteen, joined to Alcohol Awareness /Suicide Prevention-Confirmed 01st December 2015
TRYS Boardroom Thurles Cathedral Parish Centre	10.00am-1.00pm Presentation from South Tipp Volunteer Centre and Charities 11.00am- 1.00pm Bake Sale after mass in Cathedral, In the Parish Centre
TRYS Youth Café Thurles	Afternoon Workshop based on 'Healthy Body, Health Mind' context application
Old Courthouse Templemore	7.00-9.00 Parents Tai-Chai 1 hour /Mindfulness 1 hour ETB Workshop
TRYS Youth Café Thurles	Afternoon Workshop based on 'Healthy Body, Health Mind' context application
Three Drives Community Centre	ETB Workshop in Art Therapy (10.00am-1.00pm) and Tai-Chai (from 2.00pm-5.00pm).
TRYS Youth Café Thurles	Afternoon Workshop: 8 Hours Sleep makes the other sixteen easier and Drink Less and Great Nights become Good Mornings.
Knockanrawley Resource Centre	11.00am -12.30 -promote Mental Health Awareness-, involving participants and users of the centre, a funky shoe/odd sock day and coffee morning.
TRYS Youth Café Thurles	Afternoon Workshop based on 'Listening can help us to solve problems' context application
Cafes in Thurles, Roscrea, Templemore, Cashel, Tipp	9.00am-5.00pm in café/restaurants in towns mentioned aimed at the whole community.





Town	
Knockenrawley Resource Centre	10.00am-2.00pm: Open Community Positive Mental Health Awareness Event
Excel Centre Tipp Town	7.00-8.30pm-Mental Health Awareness talk for Sports Clubs' will be facilitated by Tipperary Sports Partnership-30 People max
TRYS Youth Café Thurles	Afternoon Workshop-make and send a postcard to a friend-Art Project
LIT Sports Hall Thurles	Jingle Bell Jog-Afternoon 5k fun run



### Snow White and the Seven Mental Health Helpers Peer Led Positive Mental Health Programme

The Snow White and the Seven Mental Health Helpers has been designed by young people for young people. The programme was developed by senior members of the Cashel NYP and Tipperary Youth Project in 2013. It incorporates a short film, which was made by the original group and a number of fun, hands-on activities to explore the area of mental health in a way that is accessible and enjoyable for primary aged young people. Senior TRYS members, who are usually trained through FLIP as Junior Leaders, take part in a training workshop to prepare them as facilitators of the programme. They then outreach to primary schools in their area, with support from a youth worker, and deliver the programme to 5<sup>th</sup> and 6<sup>th</sup> class students during the month of June. The peer led approach and fairy-tale theme make the programme exciting, and the content has been reviewed and updated, strengthening the impact of the programme.

### Highlights/ Statistics:

16 young people from the Cashel NYP, Tipperary Youth project and Comhairle na nOg, who had experience in the design and delivery of the programme, came together during the Midterm Break in February to review their experience and make changes and improvements to the programme content and training document. They also provided input into the logo and imagery that will be used on the final manual.

264 young people from the following primary schools and our youth projects also took part in the programme

- St. Peter & Paul NS, Clonmel
- NS Bansha
- Our Lady Of Mercy N.S Cahir
- Cloonen N.S Clonmel
- Gaelscoil Clonmel
- Newtown Upper, Carrick on Suir
- Sisters of Charity – Clonmel
- Gaelscoil Tipperary



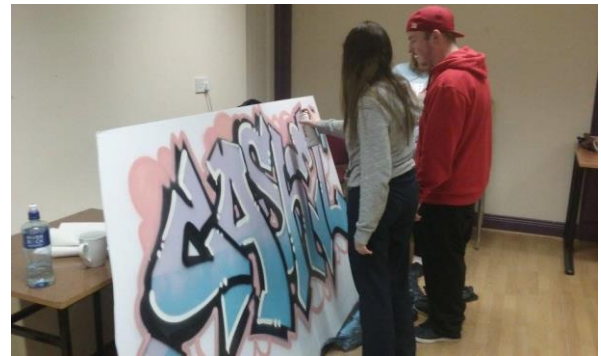


### YOUTH PARTICIPATION



Youth Work Ireland Tipperary places youth participation at the core of everything that we do. Opportunities for youth participation start from the moment a young person comes through their door. They participate in the running and organisation of their time with us – whether that’s doing up an Outcome Star for their own individual work with us, to participating in the running of their group through group contracts, planning and management right up through the project committees, Comhairle na nOg, the Junior Board of Management and opportunities to get involved at national level with the National Youth Advisory Group as well as the possibility to become a director of our own local Board of Directors, as well as at the national level.

- They are made up of young people from the groups and projects
- They go through a selection/ interview process
- They are self-managed
- They input into the design and running of cafes, groups and events, and fundraise for activities
- They receive committee skills training.
- They come together regularly at a regional basis.
- In 2015 many of our café committees attended a regional event organized by Youth Work Ireland around youth participation



### JUNIOR BOARD OF MANAGEMENT

Our Junior Board of Management is a body set up to work with the Board of Directors to support the development of the organisation, and to ensure that youth participation is a key element of our work.

The Junior Board of Management has a maximum of 15 members, and a minimum of 10 members. Members are active members of some element of Tipperary Regional Youth Service. Appointment to the Junior Board is through a nomination procedure, and members will be required to meet the CEO prior to joining the Junior Board of Management. Members must be between 13 and 18 years old. Every effort is made to ensure a wide geographical spread of membership. Key actions in 2015 by the JBOM included doing research and needs analysis with schools for the Strategic Plan, inputting into the Strategic plan, and into policies for the organisation, as well as developing the Green Revolution project, and the Opportunities on Board Project.

Three of our JBOM members – Danielle, Chelsea and Fintan currently sit on the National Youth

### YOUTH WORK IRELAND PROJECT/ CAFE COMMITTEES

We currently have a project or café committee in each of our youth centres. These committees have the following in common:



**Youth Work Ireland Tipperary**

Advisory Group; Fintan also sits on the Board of Youth Work Ireland Tipperary, along with Lauren from the Youth Executive and on the national Board of Youth Work Ireland.



**Annual Report 2015**

Molly Giles	Clubs
Micheala Patterson	Templemore
Jamie Long	Tipp TAR
Iobhar Stokes	Cappawhite
Marie Kinane	Clubs
Alannah O'Neill	Clubs
Chelsea Ryan Gibson	Cashel
Natalya Lewandowska	Tipperary
Fintan O'Dwyer	Templemore
Brandon Meany	Littleton



**YOUTH WORK IRELAND TIPPERARY YOUTH EXECUTIVE**

In September Youth Work Ireland recorded the Junior Board of Management to highlight the outstanding work through youth participation. In October our JBOM attended Youth Work Ireland's Hear us Now youth conference where this was screened. Well done JBOM.

2015 JBOM Members	
Danielle Gibson (Chairperson)	Cashel
Aaron Work	Thurles
Rachel Ryan	Clubs



Youth Work Ireland Tipperary Youth Executive aims to provide an opportunity for young people over 18





to remain involved in the shaping of our organisation. Our current youth executive is made up of young people who are interested in health promotion, and also acts as an advisory panel on health promotion. In 2015 key pieces of work included travel for some of the members to Italy, as well as acting as leaders for the Opportunities on Board exchange to Greece. The group also inputted into work around our health promotion policy and plan, and made a successful application for a 'Youth Health Matters' exchange with a group from Croatia. Two members of the YE, Michelle and Lauren sat on our Board of Directors until September 2015, and Lauren Browne is currently sitting on the Board of Directors.

TIPPERARY COMHAIRLE NA NÓG

Comhairle na nÓg are local elected youth councils which give children and young people the opportunity to be involved in the development of local services and policies. Young people across the country are represented in each of the 34 Comhairle na nÓg around the county. The members work on many topics – which include mental health, services and facilities for young people, homophobic bullying, sexual health and many more. Elected Youth Council for Tipperary which is administrated by Tipperary County Council and run by TRYS. Staff of the project – Pauline Cummins Strappe (Co-Coordinator) who works with staff members Caroline Burke and Olivia Ryan and a dedicated pool of Comhairle volunteers – Dermot, Ola, Lisa, Tim, Lauren, Michelle, Anthony and Catherine.



LIAM GLEESON	Loughmore
Lauren Rusk	Borrisoleigh
Adam O Dwyer	Thurles
Eoin Corbett	Thurles
Aida Izydorczyk	Roscrea
Liam Gillespie	Nenagh
Michelle Ryan	Drom
Rob O Donnell	Pallasgreen
Lisa Costello	Roscrea
Catherine Brosnan	Templemerry
Brian Slattery	Nenagh
Katie Carr	Borrisokane

In Tipperary Comhairle na nÓg there are 40 serving members and the meet every 6 weeks plus the work in subgroups on specific topics which were decided at AGM 2015. Templemore/Thurles are working on AGM 2016 plus doing some work with JPC and Ireland2016, Nenagh/Roscrea are working on Youth mental health and will run an event in June 2016, Tipp/Cashel/Cahir are looking at the issue of homophobic bullying and raising awareness with a well-run and Clonmel/Carrick are working on Diet & Wellness. During 2015 Comhairle were involved in links with decisions makers such as CYPSC and Tipperary Coco and also made a presentation to the Principals and deputy principals



network event on youth mental health. Check out Tipperary Comhairle on Facebook and Webpage [www.tippcomhairle.com](http://www.tippcomhairle.com)



Comhairle highlights for 2015 included:

- A successful AGM 2015 with almost 200 young people attending and where the Comhairle announced its new Chairpersons for the year ahead which are both young women in line with encouraging young women to take up roles in policies, Nicole Paten from Thurles and Aoife O Dwyer from Tipperary town took charge of Comhairle for 2016.



- Pride of place -Tipperary County Council nominated Tipperary Comhairle for a Pride of Place award in the youth section – this All Ireland competition was a huge honour for the members and when they won a prize which was announced at a gala event in Ennis in November it was an amazing achievement for the members.

- Let's go mental – in line with DCYA national executive Tipperary Comhairle na nÓg ran "Let go mental in Presentation Hall in Thurles on 25<sup>th</sup> July. They launched a bookmarker with 5 a day for your mental health.

### Future Leader Induction Training

Last year the rural outreach project secured funding from the IPB Insurance Community Fund. This funding enabled the project to engage with 13 young people in the future leader induction programme (FLIP) and the President's Award An Gaisce. At the end of October the thirteen young people participated in an overnight residential stay in Kilfinane Outdoor Educational Centre where they took part in rock climbing and mountain biking. The young people were awarded the F.L.I.P awards and started their involvement in An Gaisce. At the end of Summer 2016 all thirteen young people will be awarded their bronze Gaisce award.







### YOUTH ARTS

Youth Work Ireland Tipperary places a strong emphasis on the Arts as a medium for youth work. In 2015 we had a range of initiatives embedded into the general youth work activities of the organisation. In addition, we were fortunate to have some stand-alone art programmes to our overall organisational workplan.

### COOL CEOL



Our Cool Ceol project involves musical tuition to over 30 young people from Cashel, Tipperary Town, Thurles, Littleton and Templemore, aged 13 – 17yrs who are interested in developing music skills and capacity. Cool Ceol is now in its fourth year, and provides tuition and performance support in a type of music that young people themselves chooses. They receive basic musical tuition in a group setting taking the focus off the individual creating a fun learning environment.



These young people can have little or no experience in music. Because TRYS has produced a range of instruments through our project in the past number of years, this is a key contribution towards the music programme. In 2015 we were able to expand our music bank thanks to funding from the Music Network. Cool Ceol is supported by the ETB and County Council, as well as STDC. Youth Work Ireland Tipperary has also been participating in the Irish Youth Music Awards for the past three years. Well done to our 2015 entry into the Irish Youth

Music Awards, Shtick's & Shtring's who won best overall biography. They played on front of more than 500 hundred people in the Aviva Rugby Stadium on April 15<sup>th</sup> 2015.



### CONNEX YOUTH FESTIVAL



The Connex Youth Arts Festival was organised by the Council Arts Office and Tipperary Regional Youth Service rolled out a youth arts programme throughout South Tipperary in late November and December 2015. The festival aimed to work in partnership with young people, cultural providers, schools and the community to provide a wide range of arts experiences, activities and skills aimed at young people between 13 to 20 years of age.



Partnerships were formed between TRYS and South Tipperary Arts Centre, Tipperary County Museum, Tipperary libraries, Edge Youth Project, Rialto Youth Project, and the Excel Arts Centre. The programme covered a number of different art practices, such as writing, animation, rap and mc-ing, graffiti and protest, willow and weaving, fashion, The Fethard Willow/Osiery project and public participatory art projects, drama for adults, arts talk for youth worker. Spin off events included young people attending Digital Media Careers day in Clonmel LIT as part of Design Fest, attendance at Design Fest screening of Songs of the Sea.

Youth Work Ireland Tipperary is hugely supportive of young people from Tipperary taking up the opportunity to travel and gain new experiences that will give them lifelong skills and friends.

The following gives just a taste of what you can experience with us!



**YOUTH EXCHANGES AND TRAINING:**

5 young people from Tipperary spent 10 days in Italy in July 2015 with others from Italy, Albania, Croatia and Austria to work on the Erasmus+ 'Je Suis Charité? Nous Sommes UE!' intercultural project, looking at what would be best for their new societies, and learning about each other both culturally and spiritually, as well as having fun.



In July 2015, 2 members of our Youth Executive attended a training course in Vienna entitled Civil Courage. They gave examples of Civil Courage in our own lives, communities and country and because Mental Health is so important within TRYS, they used examples of how to stand up and speak out about mental health needs.

'Opportunities on Board III' is a bilateral youth exchange between Tipperary Regional Youth Service and the Active Youths of Florina. Growing out of an idea initially formed during an international seminar on youth employment, the project centred on young people developing a healthy leisure time both physically, mentally and in terms of active citizenship as part of an alternative use of their free time. Participation of young people in making decisions about their own lives was a key element of the project. The project gave young people from Tipperary and Florina:

- The opportunity to meet each other and learn about each other.
- to have new experiences and opportunities
- to get involved in two week long schedules of activities and learning opportunities
- to develop social, interpersonal and life skills so that you are confident to travel and explore
- To learn to be peer leaders and to develop the quality of their participation in our organizational structures.
- to learn to become positive, contributing members of the European community and recognize the benefits of being active citizens



The young people who participated came from a range of backgrounds. The young people have fewer social and economic opportunities and this project was a real way for them to develop their skills and attitudes, both in terms of personal development, active citizenship and employability. Activities included participating in physical leisure time activities (the glen of Aherlow, Zumba Prespa lake), programmes that developed mindfulness and resilience and the participation in a youth leadership programme. Methodologies included group work, self-directed learning, multimedia





activities and planning and participation in programme development. The project resulted in young people having greater understanding of themselves and of other young people from Europe, which resulted in more confident and socially aware young people who have changing attitudes about the opportunities and options available to them. These young people are more positive about their future and what they can do to influence it. It also impacted on the participating organizations that have learned more about participation, policy making and the benefits of international work as a key component to our youth work practice.



**Quotes:** “My favourite part of the Greek exchange was basically the whole Greek Exchange. Everything about it was brilliant. Since the Greeks came to Ireland first, we had all been introduced to each other, and had become friends. It was fun meeting them again in Greece two months later.” ..... “. All of the Irish guys were very friendly, although they did not know me, they made me feel comfortable and thanks to this I managed to practice my spoken English. We (Greek guys) also had the chance to show the Irish parts of our culture and our country's beauties. I was very glad to see that they enjoyed the activities and especially the food!” ..... “I believe that the last week will be forever stuck in my head as our Irish friends visited us and we had some great time” ..... “The friendships built for me in part 1 and part 2 of the exchange are forever lasting I think, We all enjoyed it so much and have built such strong relationships with the other countries” ..... “The biggest social learning for me was visiting the child protection centre because it was an experience I never had before and it was so nice to sit down and play games with the kids and speak to them about everything. I learned how to play thumb wars in Greek.”



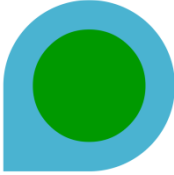
**INTERNATIONAL PROJECTS ON YOUTH EMPLOYMENT**

EVS – Leargas’ EUROPEAN VOLUNTARY SERVICE – young people aged 18-30 can for 2 to 12 months to Europe to do voluntary work, gain skills, learn a language and live in another culture. Travel and accommodation is paid plus the volunteer receives a monthly allowance. Michael Crowe from Tipperary was in Bydgoszcz city, Poland in 2015. Michael’s volunteering entails teaching English to unemployed people in the community. “It is a great experience to meet new people, gain skills and experience a new country and culture”

Keighley Moore from Thurles spent most of 2015 in Valencia, Spain –“ it has been a wonderful experience. In Bonagent our aim is to give disabled or intellectually challenged adults an opportunity to do day to day tasks independently and in the future live alone with little help from carers. Coming here is one of the best decisions I've made”. Antony Hoare from Cashel is just completed his EVS in Sweden in 2015; he worked with young people through sport and really enjoyed it, he even played soccer for a local team!







### THURLES YOUTH PROJECT

Thurles Youth Project runs 16 groups per week including music groups, film groups, homework clubs and drop-ins as well as age specific groups. The project works with 160 young people aged between 7 and 18 years old. The project has been located in Croke Street, Thurles and secured new premises of the FCA Hall, Slievenamon Rd, Thurles in 2015. The project worker Sarah Leahy was replaced in October 2015 by Laura Maloney who continued to be supported by staff members Eileen Thackaberry, Paud Gleeson and Agnes Moloney along with volunteers.

#### PROJECT HIGHLIGHTS

- 2015 saw the successful roll out of the Activ8 programme which focuses on giving young people the opportunity to take part in active and healthy activities which they might not otherwise have access to. The young people had the opportunity to do Go karting, gardening programme, rock climbing, lazertag, games and activities days and trips. The young people learned valuable new skills while having fun and keeping fit.



- A member of the Thurles Youth Project youth forum was elected onto the Junior Board which is a progression path and a valuable experience for the young person. This young person has represented the youth project and TRYS at events nationally. He, along with another Junior Board member presented the Activ8 programme securing funding for the expansion of Activ8
- Thurles Youth Project took part in an international trip. The groups along with the

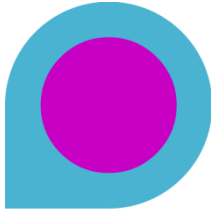
other Tipperary Regional Youth Services projects travelled to Blackpool via Manchester and spent a day in Blackpool Adventure Park. This trip was mostly funded through the tireless fundraising by staff, volunteers and young people. It was a huge success and we will be sure to repeat it.



#### PROJECT SPOTLIGHT

In 2015 Thurles Youth Project secured new premises. This new property is in a central location in Thurles town centre. Many young people were engaged in the designing and decoration of the new building with some of the seniors pitching in a hand in moving, painting, and gardening. The new centre will cater for even more young people in Thurles and is a reflection of the young people’s direct needs through consultation. This is a hugely exciting moment for the Thurles Youth Project and we look forward to many happy years here!





## YOUTH INFORMATION

Youth Information is a specialised element of youth work, whose vision is to engage young people in positive relationships to empower them to reach their own potential and enhance their active participation. Youth Information targets young people, parents & those working with them to provide them with access to information, it is operated in two ways a “One stop shop” where information is available in a youth friendly drop in facility and is integrated with the youth service and outreach where youth information works with school, communities and in group work to give information out to youth. We aim to find new opportunities for young people in terms of employment, youth participation & life skills. Youth Information has public offices in Thurles and Tipperary town, co-ordinated by Pauline Cummins Strappe who works with part time staff in both centres in Thurles – Catherine McGrath, Martina Ryan, James Digan & Marie Kennedy, in Tipperary – Mary Laffan, Shuana Bowes, Honorata Kozat and Denis Keane.



## PROJECT HIGHLIGHTS

- Outreach services in 2015 included information seminars & one class talks, Peer Mentoring & leadership Training, Bullying and Cyber Bullying Workshops, World of work workshop and Mock interviews, Student Council Training, Moment to Moment Mindfulness training
- As Info Co-Ordinator Pauline was chosen by Eurodesk Ireland to travel to Mollina in Spain for the Eurodesk Seminar and celebration of 30<sup>th</sup> years of Eurodesk in Europe. She attended workshop and gave a workshop at the event plus made some new contacts for future work. She also attended the Platform network meeting in Galway where Youth Work Ireland Tipperary became a member.
- Time to Move week in 2015 was a great success with EVS workshops, the Soapbox event and activities in clubs around the county .



## PROJECT SPOTLIGHT

As part of Youth Work Ireland developments and strategy to promote and further develop the Integrated Youth Services Model, Youth Information nationally have developed a strategic alliance with Spunout.ie in order to provide both an online and physical point of contact for information to young people. Over the last few months as well as the daily queries from young people we now also have online queries coming to us from the online query button on the spunout website. We also find that we can refer young people to content and features online in the topic they are researching. As part of the new system staff are also training in logging of the queries on the new online data system which is proving to be user friendly and effective. It also allows us to see threads in information as we go along.





### RURAL OUTREACH

The rural outreach project is a two worker project which supports volunteer led youth clubs throughout Tipperary County and East Limerick. The rural outreach officers are Donna McCarthy Walsh and Zoe Gogarty. At present the rural outreach project supports twenty one junior and senior youth clubs. There are over 130 volunteers and 550 young people actively involved in youth clubs around the county every week. Our youth clubs cater for young people in primary and secondary school, junior clubs cater for 8-12 year olds and senior clubs for 13 to 18 year olds.

### PROJECT HIGHLIGHTS

- Volunteer training – Over the last 12 months our volunteers have participated in a range of training opportunities. Over 75 volunteers took part in the child protection awareness programme throughout the year.
- Other training opportunities included disability awareness training, autism awareness training, bullying awareness, arts and crafts and occupational first aid.
- The arts and crafts training was funded by the Education Training Board, three workshops took place in North Tipperary and three in South Tipperary.



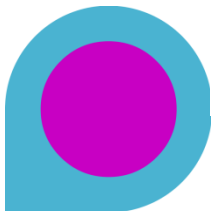
- Our disability training was attended by volunteers from five of our youth clubs, this training was delivered by The University of Limerick Disability Support Office.
- Occupational first aid training was completed by twelve volunteers and was run by the Order of Malta.
- Regional Events in 2015 included soccer leagues, the Junior Fun Day, Christmas Chaos, and club visits and swaps.



- Thank you so much to all our volunteers who participated in any form of training throughout the year. Panel meetings – over the last 12 months four panel meetings have taken place. These meetings comprise of volunteers gathering to discuss and solve pertinent issues that arise for the youth clubs.
- National quality standards for voluntary led youth groups – last year all of our youth clubs participated in the aforementioned NQSFVLYG. It was imperative for our clubs to engage as these Standards present an opportunity for youth groups to demonstrate their commitment to good practice and to the delivery of quality programmes and activities which meet the needs and expectations of its young members.







### MID TIPPERARY DRUGS INITIATIVE

The Mid Tipperary Drugs project is a community based drug initiative which is funded by the HSE and administered by TRYS. Its catchment area covers the towns of Tipperary, Cashel and Fethard as well as the rural areas stretching from Cappawhite to Bansha to Ballingarry. The aim of the project is to create a positive community response to substance use by working with individuals, their families and communities in a person centred, holistic and respectful manner. The project has a base in Tipperary town and Cashel youth services building and is open from 10am – 5pm Monday to Friday.

2015 was a busy year for the project with continued and new links with community and statutory agencies with the project continuing to support the substance misuse service in Clonmel. The project also worked on an ongoing basis with family and individual based work.

#### PROJECT HIGHLIGHTS

- The project was happy to run a Drug and Alcohol awareness workshop with one of the youth groups in Tipperary town. This was followed by the group designing a concept and two slogans's which would be used to record two radio adverts for Tipperary Mid West Radio. These were aired daily on the run up to Christmas. The adverts warned of the dangers of Drink and Drug driving. The youth group enjoyed the process, especially the experience of visiting the radio station and recording their ideas.

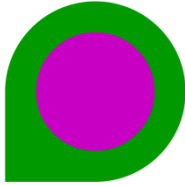


- Services delivered in 2015 included:
  - o One on One
  - o Brief Intervention
  - o Referral Service
  - o Family Support
  - o Alternative therapies
  - o Educational Programmes
  - o Policy Development
  - o Information talks
  - o Group Work
  - o Court Education Programmes
  - o Harm Reduction
  - o Youth work
  - o Community Addiction Programme
  - o Functioning Family Therapy

#### PROJECT SPOTLIGHT

The MTDI Project facilitated another successful Community Addiction Programme in Tipperary town in 2015 with 19 people completing the programme. The course was run with the support of LIT Tipperary, The HSE Substance Misuse Service and Aislinn Adolescent treatment centre who kindly gave up their time to deliver a variety of workshops on the subject of substance misuse. Participants on the course came from a diverse range of backgrounds with a mix of professional and community representatives.





### TEMPLEMORE FAMILY SUPPORT PROJECT

The MORE Family Support Project is a community based support service for parents, families, young people and individuals who are experiencing difficulties in coping with particular issues and challenges affecting their lives. It is a private and confidential free support service that operates out of the TRYS premises in the Old Court House, Bank Street in Templemore.



#### PROJECT HIGHLIGHTS

- 35 young people and 44 families were in receipt of a service in 2015, while 11 clients received Auricular Acupuncture.
- The launch of the new premises took place in April with a large number of young people, parents and locals in attendance.
- Two family support programmes were successfully completed. 7 parents attended the Family Communication Programme delivered over 7 weeks and 7 families completed the 14 week Strengthening Families Programme.

#### PROJECT SPOTLIGHT

A number of groups and workshops were ran in 2015, most notably the Teen Fit programme saw 9 teenagers engaging in gym, swim and kickboxing sessions as well as a drugs awareness programme facilitated by Joe Slattery from CSMT. 27 young people attended the Summer camp from 1st to 6th class in St. Colmcilles and St. Josephs National Schools Templemore including 4 young people engaged with the More Family Project. In addition, Cooking and Personal Development classes ran for 6 weeks with 8 adults participating. 5 adults attended 8 hours of the Cardiac First Responder course and 8 adults attended the Mindfulness through Art Therapy session as part of TRYS Be Well.

The project responds to referrals made by agencies such as the HSE, Gardaí, Schools, Tusla and also by individuals and families who wish to self-refer. Our service is delivered in the form of one to one and group work with young people parents and individuals, as well as providing a range of community groups and classes, Auricular Acupuncture, parenting programmes, talks & workshops on various topics.



### NORTH TIPP TRAVELLER YOUTH PROJECT

The North Tipp Traveller Youth Project works with young people aged 8 to 18, with a particular focus on young Travellers and young people from Minority communities in Thurles, Littleton and Moycarkey. The project operates Tuesday to Thursday from 12pm to 8pm weekly as well as participating in events and activities on weekends when needed. The project runs 3 homework clubs, 4 junior and 3 senior activity groups, a senior music group and a parent's wellness group. The project also provides activities for project members during school holidays such as the Easter and Summer Activity programs. The project also supports Barnardos and local residents committees in running family events throughout the year. In 2015 the project worked with approximately 90 young people on a weekly basis. The project is run by Catherine Donaghy, a part time youth worker with the support of 2 CE workers Noel Byrne and Aggie Maloney.

#### PROJECT HIGHLIGHTS

- In 2015 the project worked with a wide diversity of young people including young people from Syria, Nigeria, Belarus, Poland, Bangladesh, South Africa and the Traveller Community
- The project ran a very successful Activ8 Senior and junior summer program in 2015 with over 60 young people taking part in a range of fun programs and activities.
- The young people have also completed the following programs: Road Safety & Halloween awareness, Healthy Eating, Positive body image, Healthy Minds, Community Awareness, Physical exercise, Sexual health program, Transition program, Skin care program. Diversity awareness, Crime awareness and Soccer against racism initiative
- The young people were very active at regional level with our Littleton junior groups winning the Junior Soccer league and our senior boys winning the North Tipp pool tournament, both achievements huge pride and a sense of achievement to the young people and their families.
- The project also worked with local residents committees, Barnardos and the Syrian Settlement worker in providing two family fun days in Thurles and one in Littleton.

- A key highlight was setting up the Youth Forum in Littleton. Young people from Littleton now have a platform to voice their opinions and needs.



#### PROJECT SPOTLIGHT

One of the highlights of the year was forming partnerships with The National Traveler Suicide Prevention Service and North Tipp leader Partnership. The NTSPS works to raise awareness of mental health issues among members of the travelling community with an overall aim of reducing the rate of suicide among the Traveler Community. They provided funding to work with young people and their parents on a positive mental health initiative. This consisted of 2 six week programs focusing on issues such as the stigma attached to mental health issues, social isolation experienced by members of the Travelling community and developing wellness tools to identify and address issues as they arose. This has led to the setting up of the Littleton Parents Wellness group, an initiative that will continue to address these issues on a long term basis.





## TIPPERARY YOUTH PROJECT

Tipperary Youth Project provides a supportive and stimulating environment for young people aged 10- 24 years. The project offers a broad range of activities and opportunities to young people in Tipperary ranging from skills based projects such as arts, crafts, sports, cookery and music to programme based work such as personal development, sexual health and relationships, mental health, substance misuse, physical and emotional well-being, community involvement, development education, school supports and employment skills.



### PROJECT HIGHLIGHTS

- 14 young people from the 1<sup>st</sup> and 2<sup>nd</sup> Year group worked on a poster campaign which celebrated 'Inspirational Young People from Around the World'.
- The 6<sup>th</sup> class girls group entered the Xhale Film Competition, making a short film which portrayed a vision of a 'Smoke-Free Generation'. The group got the opportunity to see their film on the big screen at the National Media Awards in the Lighthouse Cinema in Dublin in July.
- 10 young people from the Abbey school were supported by the project through the Friendship programme, which assists young people through building positive peer relationships and exploring issues such as bullying, assertiveness and effective communication.
- 12 senior members attended a Smoking Cessation workshop delivered by a facilitator from Youth Work Ireland.
- The Future Options programme for young people aged between 18 and 24 was launched in October. This is a joint initiative between the

Tipperary Youth Project and the Compass Employment Support section of the South Tipp Development Company. The programme supports those who are not engaged in employment or education and helps them to make positive steps towards achieving their personal goals. 5 young people worked with the service in 2015.

- Young people from the Carrowclough groups did great work on making their community a positive space, with 13 young people working on an allotment project and 29 young people assisting with a Litter Pick, supported by the County Council and the Gardai.
- 12 senior group members attended the 'Hear Us Now' workshop which was held in Tipperary Town by Youth Work Ireland and explored the theme of Youth Participation.
- The project had a fun-filled Hallowe'en midterm- with 39 seniors attending the Nightmare Realm, 32 juniors attending a Halloween themed magic show in the Excel Theatre and 29 young people from the Carrowclough estate enjoying a Hallowe'en party in their Community House.
- 5 young people worked with Claire Turner from the Mid Tipperary Drug Initiative on a Drugs and Alcohol Awareness programme, creating radio ads which were broadcast over the Christmas period and helped to raise awareness around issues such a drink driving.

### PROJECT SPOTLIGHT



10 senior group members used funding received from the Round Up the Troops initiative to paint a number of wonderful murals on the walls of the Carrowclough Community House, in order to make it and warm and fun space for the community.



### TAR PROJECT

The TAR Youth Diversion Project is funded by the Department of Justice and the European Social Fund, and is for young people between the ages of 12 and 17 years who live in Tipperary Town & its hinterland. The project aims to offer to young people the opportunity for personal development and to encourage positive social behaviour through a range of youth work methodologies. The projects are designed to help young people develop their sense of community and their social skills. The project is based in 17 Bank Place Tipperary Town and operates Monday to Friday from 10am – 7.30/8pm. The project works on a referral basis from the J.L.O and other agencies within the community. In 2015 the Project was run by Aisling Reade & Teresa Normile. This work was also supported by Nora O’Loughlin, Catherine Donaghy and Tina O’Sullivan.



#### PROJECT HIGHLIGHTS

- The Townies group from the project won TRYS Group of the year. Melanie, Mikaela, Alannah and Danielle all participated in FLIP Training. Danielle was elected onto Comhairle N’Og for 2016. Jamie represented the Project on the Junior Board of Management and took part in an exchange to Greece.
- 10 young men completed level 1 and 5 young men completed level 2 of basic non accredited barbering. This course has been a very exciting development for the TAR Project and stimulated thought for other ‘employment type mentoring’ programmes.
- The TAR project organised the Activ8 Galtee climb and 13 TAR young people attended this event.

- 8 young men took part in Kilfinane outdoor activity centre at Easter this activity pushed the young men out of the comfort zone. Some of the participants excelled but a number of the young men struggled but the day developed a very strong team ethic.



- 7 young men went to Spike Island adventure Centre in August. This provided a new outlet, a trip away from Tipperary Town. The activities provided the young men opportunities to take direction and trust exercises. After the session/s the young men got to go around the island and experience the history of a former juvenile detention centre.
- 3 young people attended day trips to Parson Green- open farm. This offered the young people a chance to reflect within nature. 2 young women attended horse riding trip over 2 sessions during summer 2015.

#### PROJECT SPOTLIGHT - YiiPPe Art Wall

12 young people worked on a summer arts programme which was built into the Tipperary Town Festival. It was hugely successful and featured on Tipperary Matters TV programme. This allowed the young people to contribute positively to their world around them. It gave young people a chance to express what Tipperary Town meant to them. The young person that was interviewed is still talking about the experience in an embarrassed but proud way.







### CASHEL NYP

Cashel Neighbourhood Youth Project works with young people from 10-18 years of age. Our aim is to provide a safe environment for young people and their families whilst working to promote their personal, social and emotional development through their voluntary participation. We run groups, one-to-one support, SUS, events and Functional Family Therapy. Groups comprise music, dance, yoga, and much more. The project is located in Hogan Square, Cashel. There is one full time youth worker, two assistant youth workers, and one student volunteer. The project worked with 295 young people in 2015.

### PROJECT HIGHLIGHTS

- May 2015: 11 senior members participated in training to train as facilitators in the 'Snow White and the Seven Mental Health Helpers' programme.
- Autumn 2015: 2 young people ran for and were elected onto South Tipperary Comhairle na nÓg. Two young people from the project sat on the Junior Board of Management for Tipperary Regional Youth Service in 2015. One of these was in the role of Chairperson and the other in the role of PRO (Public Relations Officer). They participated in opportunities including a bilateral exchange with a group from Greece.
- 9 young people established a Youth Cafe Committee in March 2015. They organised and ran an environmental project, and subsequently organised a bake sale as a fundraising initiative.



- The Activ8 summer programme was run. 48 young people attended various summer activities such as art, urban music and photography workshops, bubble soccer and kayaking.

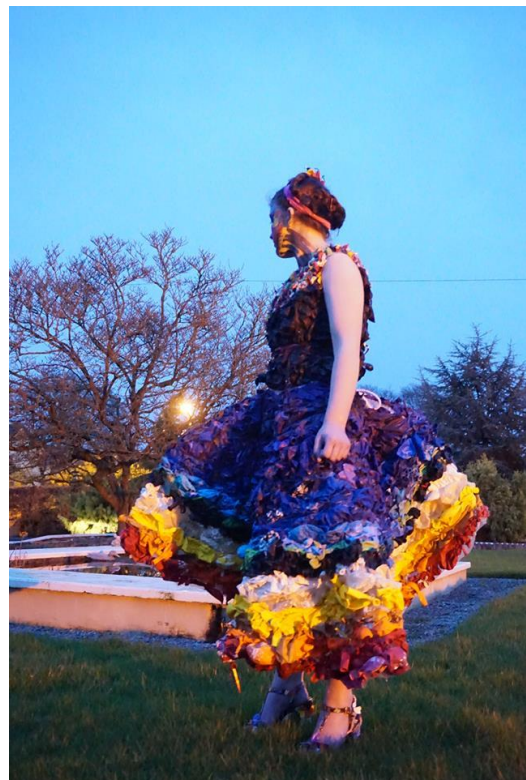
- 11 young people participated in Culture Night 2015 with the youth project, performing either a drama piece or a musical performance.



- 12 young people attended the Youth Achievement Awards in December 2015. 4 young people and 1 group from the project had been nominated for an award.

### PROJECT SPOTLIGHT

In Autumn 2015 a group of young people began creating designs for the Junk Kouture competition. "Junk Kouture is a national contest which encourages young designers in second level education to create striking couture designs and impressive works of wearable art from everyday junk that would normally find its way into the bin". The young people's passion, creativity and dedication was truly inspiring. Watch this space for photographs of the completed designs!







### TEMPLEMORE YOUTH PROJECT

Templemore Youth Project is situated in the Old Courthouse, Bank Street, Templemore. The project is open on Mondays, Tuesdays and Wednesdays from eleven in the morning until eight at night. The project works with approximately 60 young people per week through a range of activities including structured groups and drop-in sessions. We currently run nine groups in the project including groups for both Juniors and Seniors, have two senior drop-ins and one junior drop-in per week and run events or movie nights on Tuesdays. The project is run by youth worker Joyce Brennan alongside support worker Nicola Morrissey and volunteer William Dunne.



2015 saw the Cool Ceol music programme come to Templemore Youth Project. This group, facilitated by community music instructor Debra Bulfin, encourages young people to get involved in music, while promoting positive mental health and self-esteem. The group has been focusing on percussion and harmonies and are having a ball while doing it.

### PROJECT HIGHLIGHTS

In 2015, we made the decision to open a Junior Drop in. This has been a total success and is used by a large number of young people weekly. This has opened up the project to the Junior members as they previously had only one hour in the project per month. It has also proven a wonderful space in which to develop youth work relationships.



- A key highlight in 2015 was the LGBT and marriage equality work that took place in the project. In parallel with the National Vote on Marriage Equality, our Youth Committee organised a marriage equality vote within the project. There was an session where people discussed and debated marriage equality and then near voting day, the young people were supplied with voting cards and had to attend the youth project during certain hours to vote. We were delighted when the results showed that the young people in Templemore are strongly in favour of marriage equality.

### PROJECT SPOTLIGHT

2015 also saw the formation of Templemore’s Peer Education group. These are a group of young people who aim to raise awareness of issues effecting young people through peer education methodologies. The group created a movie around the issue of autism and had it screened at a joint premier with Thurles Youth Project in LIT Thurles. To make the film, the group had to first educate themselves around autism. To do this, they met with and interviewed the parent of an autistic child and carried out internet and desk research. They then created their own script showing how youth projects can be more autism friendly.



## WORK WINNER EMPLOYMENT PROGRAMME

The project engaged 68 young people over 2015. The project expanded into unchartered territories of Roscrea, Templemore Fethard Cahir and Carrick on Suir. The project had two workers Donal Kelly and Laura Ryan. The project runs over a 20 week period. Work winner programme is an evidence based engagement for hardest to reach young people. The project works with disadvantaged young people disconnected from any supports and who at present lack the capacity to take up any employment or educational opportunities. The outcome of our programme allows young people to apply for and take up employment and educational opportunities as they arise, both now and into the future. The signature detail of our programme is our unique "youth work model of engagement," which is the only programme of its kind in the country. This individualized and innovative programme provides the young person complete autonomy and design rights over their training programme.

### PROJECT HIGHLIGHTS

- Being asked by the Centre of Effective Services to participate in an International Employment Seminar in Belfast in March 2015
- Three participants had served over 5 years in our justice system. At completion two of these three young people were in fulltime employment
- Launching projects in areas with no existing Youth Work Ireland Tipperary support such as Roscrea Cahir and Carrick On Suir

### PROJECT SPOTLIGHT



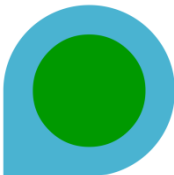
In August 2015 The Irish Times did a full page feature on one of the Work Winners participants, Paudie Woodlock .The article included very powerful interview from Paudie focussing on his experiences of unemployment and eventually finding work through the support of TRYS. "I don't know where I'd be without it,(Work Winner) to be honest," he says. His first paycheque, he says, was an emotional experience. "The feeling will never leave me. In the course of a week, I'd earned the equivalent of a few months on social welfare... Back then, I couldn't afford a haircut, not to mind socialising with my friends. I realized then, whatever happens, I can't let this go."

### Experimentation on Social Policy for Youth - ESPY

TRYS was commissioned by the Tipperary County Council to be a part of the ESPY which was part of European Union Programme for Employment and Social Solidarity – PROGRESS (2007-2013). ESPY is a European project that aims to develop innovative youth activation measures in order to prevent youth unemployment and exclusion, especially in rural areas, led by Malaga County Council, Spain, and involving three other organisations from across the EU. TRYS' role in project was as follows

- Carry out a Baseline Analysis Research Report
- Develop a Resources Guide outlining services available to young people in County Tipperary
- Host the project Transnational Conference
- Provide technical assistance to TCCs input to the development of a Transnational Guide 'Recommendations for Youth Opportunities Initiatives'
- Training in professionals in CBT and WRAP
- 3 Jobs Shops - Roscrea, Fethard, Carrick on Suir
- 3 WRAP programmes - self management practices





### 2020 ACTIVATION PROGRAMME

Since November 2013, up to 60 young adults aged between 20-25yrs have taken part in this programme. The programme which is overseen by Supervisor, Shirley Byrnes runs Monday to Saturday (6.00am – 6.00pm) dependent on where the young adults are working.

In partnership with the Department of Social Protection (DSP), Youth Work Ireland Tipperary initiated the 2020 Activation Programme in November 2013, which saw 24 young adults taking a place on the programme. Due to the success of its first year, a new cohort of *harder to reach* young adults were recruited in April 2015.

The programme offers these young adults, who have been 1 year out of employment, from Thurles and its surrounding areas a route back to the workplace or education and combines both their work experience and job specific training over a 12-month period which involves 4 days in the workplace and 1 day at college, as well as alternative *'soft skills'*, which concentrates on all social issues affecting this age range.



Anita, Christine & Charlene looking forward to their first day at college...

#### PROJECT HIGHLIGHTS

105 young people interviewed, and 25 young people participated with 17 young people progressed to training or employment as of December 2015



- Each young person has gained approximately 225 hours training and approximately 1,288 hours work experience
- 63 local businesses have been engaged in the programme (with an in-house database of over 350 companies)
- The Supervisor is delighted to report the securement of further 3-year funding which will see the recruitment of 30 young adults in September 2016.



Well done to Darren, Sean, Gareth & Conor

#### PROJECT SPOTLIGHT

Keighley Moore, a graduate from the 2020 2013 programme travelled to Valencia in Spain to begin her EVS project last year. The EVS allows young adults an opportunity to spend time gaining new skills and a cultural learning in another European country. "While I'm rather nervous, the excitement outweighs the nerves" she said before leaving. Keighley has since returned to Thurles but was again successful in gaining a 2-year work via to Canada in 2016





### TIPPERARY TOWN – ALTERNATIVE LEARNING PROGRAMME

The ALP is a pilot programme in conjunction with Tipperary ETB, which kicked off in October 2014 and is aligned with the school year. The aim of the Alternative Learning Programme is to support young people to increase their capacity to engage in school on a full time basis. ALP does this by improving attitudes and building confidence and self-efficiency which generate a love of learning and achieving amongst the young people who attend. In 2015 the project worked with 10 young people, 3 girls and 7 boys aged between 12 and 16 years. Workers responsible for this project were Moira Evans Merrigan (school year 14/15) and Teresa Normile (school year 15/16).



#### PROJECT HIGHLIGHTS

- 9 out of the 10 young people remained and/or progressed on to mainstream education, e.g. Youth Reach, LCA, continued on to Junior Cert
- Young people attended Nutrition and Cookery skills - based on EU Eat Right early School Leavers Programme and linked to 'Operation Transformation'



- Film-making skills incorporating research, literacy skills, IT skills and supported by facilitator Jim O'Neill from the LIT Tipperary Media Campus was delivered to the students.



- The young people had the opportunity to learn skills around Music technology -DJ mixing
- Young people participated in a 6 week sports programme highlighting the importance of physical health.
- Young people completed Art training, and were part of the Connex Youth Arts Festival and attended a career day in LIT Clonmel.
- Youth work programmes were an essential element of the programme i.e. Real U Sexual Health, MindOut Positive Mental Health programme, A Life of Choices programme, Drug and Alcohol awareness
- All young people had the opportunity to avail of ICT and tutoring sessions to support the Junior Cert curriculum.
- Participants availed of individual work using tools such as CBT, motivational interviewing and outcome star.



### YOUTH WORK IRELAND TIPPERARY CE SCHEME

The objective of our Community Employment Scheme is to provide **the participants with the knowledge, skills and attitudes, which will support their transition to work, whilst nurturing their contribution to the organization's work in promoting and providing quality youth work programmes.** Our current Community Employment Scheme has 17 participants and is administered by the DSP office in Clonmel, and supervised by Caroline Burke, who operates between the Thurles and Tipperary Town offices. The scheme is based primarily in the towns of Thurles, Templemore and Littleton, with outreach workshops and training being offered to schools and communities in the region and by our Youth Information Coordinator. In March 2015 four workers transferred from another scheme in Tipperary Town and are now under our CE scheme supporting the youth information office and Tipp youth project.

#### PROJECT HIGHLIGHTS

- **Staff Wellness Day** took place in Dundrum House Hotel on Friday 27<sup>th</sup> March. It was very much a relaxed day with all staff participating in a few icebreakers to ensure everyone got to know each other a bit better and feel more relaxed. Other events on the day included a Tai Chi workshop, cup painting exercise where staff painted an inspirational quote on a cup bringing out everyone's artistic side, plus a relaxing lunch followed by a short exercise on health promotion. This is now going to be an annual day for all staff!
- The CE Supervisor and Thurles Information Staff helped out at the **Lets Go Mental event** in Thurles, run in conjunction with Comhairle na nOg. There were over 120 young people in attendance on the day and the staff organised an information stand with a wide range of information available, as well as hosting an ice-cream stand with proceeds going to HB Ice Cream Fundays for Downs Syndrome.

- **Judging the Soapbox event in LIT Thurles.** The CE Supervisor had the pleasure of being a judge at the annual Soapbox Event. The theme for this years event was "Charity Begins At Home". The standard again this year was extremely high with entries from the local secondary schools in Thurles.



#### PROJECT SPOTLIGHT

Training was again high on the list of spotlights. This year the staff took part in numerous certified training courses such as Train The Trainer Programme, Cognitive Behaviour Therapy, Occupational First Aid and Customer Service to name a few.



## Organisational Development – Quality Standards

In 2015 six projects in TRYS participated in the National Quality Standards Framework:

- Tipperary YP (Year 3)
- Thurles YP (Year 2)
- Templemore YP( Year 2)
- Rural Outreach Project (Year 2)
- North Tipperary Traveller Project (Year 2)
- Youth Information Project (Year 3)

TRYS is also a Gold Standard Health Promoting organisation with an annual health promotion plan which we implement as part of our overall organisational workplan.

## Organisational Development – TRYS Strategic Planning process

In 2015 the Youth Work Ireland Tipperary Strategic Plan was approved at the AGM. Our mission, vision, values and goals all form part of our overall organisational plan for 2015 – 2020, as well as form the basis for our annual organisational workplan and project workplans.

## Organisational Development – TRYS Building Developments

There were a number of developments in terms of TRYS’ facilities in 2015. The Templemore Courthouse was up and running from the end of 2014, and final work was completed to the back of the building in 2015. An official launch of the Templemore Courthouse also took place in October 2015,

2015 also saw major work being done in two phases to the FCA building on Slievenamon Rd in Thurles, with a view to opening in 2016.



## Organisational Development – TRYS Code of Governance

Tipperary Regional Youth Service has taken on the Voluntary Governance Code as developed by the Wheel and other C&V groups in order to support organisations to provide and follow a code of practice in how they are run, something hugely important in terms of ensuring accountability and transparency. TRYS has adopted the Code and it is an essential part of our governance.

## Organisational Development – TRYS Staff Training

The on-going training and development received by our staff in 2015 was wide and varied and reflects the commitment of the organisation to supporting staff as the core resource in our work. Training included:

- Health & Safety and Manual Handling
- Child Protection
- SAFE Talk
- ASIST (Applied Suicide Intervention Skills Training)
- Community Addiction Studies certified by LIT Thurles
- Computerised Payroll Course
- Dealing with Challenging Behaviour
- Summer Camp training
- Disability Awareness Training
- FETAC Level 3 Digital Filmmaking
- FETAC Level 5 Occupational First Aid
- FETAC Level 5 Working With Young People





- Specialised youth work programmes such as
  - Mental Health-Mindout Programme,
  - Health Promotion Training
- WRAP training
- WRAP Train the Trainers Training
- Cognitive Behavioural Therapy Training
- Incredible Years Training
- Certificate in Health Promotion (NYCI)
- Art in Youth Work Training
- Experiential Learning in Health (NYCI / WIT)
- Meitheal Training
- Incredible Years Training
- Hear4u Training
- Skills for safer living
- YLS CMI 2.0
- Positive behaviour management
- Body wise Body image training
- Cardiac First Responder (TETB)
- Web safety training
- Stand-up training

2015 we developed our Student Induction Manual, and had numerous students on placement with us. We'd like to thank our students and express our appreciation for all their hard work.



Project	Student	Place of Education
Cashel NYP	Aoife Ryan	Waterford College of Further Education
NTRYYP	Aoife Kennedy	WIT
	Aisling O'Neil	WIT
Thurles YP	Danielle Whelan	LIT Thurles
	Ola Seriki	LIT Thurles
TAR project	Cathal Stakelum	LIT Clonmel
	Lucie Clement	LIT Thurles
Rural Outreach project	Sinead Morrissey	LIT Limerick
FSP	Lorriane Mc Ginley	LIT Thurles
	Sandra Cullen	LIT Thurles
Templemore YP	Brianne O'Sullivan,	LIT Thurles
	William Dunne	
	Aideen Greed	Carlow IT
	Andrew Clavin	LIT

### Organisational Development – Policy Development

The following policies were reviewed/ approved in 2015

- Child protection
- Finance handbook
- Health promotion policy
- Procurement policy
- Sexual health policy
- Record keeping policy
- Substance misuse policy



### TRYS Board of Directors 2015

### Student Placement service

We endeavour to provide a comprehensive student placement service through our project and programmes in Youth Work Ireland Tipperary. In





Tipperary Regional Youth service is governed by a voluntary board of director, who meet 8 times per year. The board also has a number of sub-committees who meet regularly to undertake key pieces of work, as directed by the board. The Junior Board of Management submits a regular report, as does the Youth Executive. Two members of the youth projects sit on the Board of Directors.

**Board membership as at the end of 2015:**

Emma O’Dea	Club Rep	2014
Mary Hanna Hourigan	Community Rep	2010
Amanda Peters	Co-option	2015
James Ryan	Co-option	2013
Aisling Sheehan	Community Rep	2015
Fiona Walshe	Club Representative	2015
Paul Keating (LIT Tipperary)	Co-option	2013
Marie Ryan	Co-option	2015
Lauren Browne	Youth Rep	2015
Fintan Dwyer	Youth Rep	2015

Subcommittee/ other TRYS structures membership as at the end of 2015:

Emma O’Dea	Club Forum
Mary Hanna Hourigan	Governance Subcommittee
James Ryan	Finance and General Purposes and Audit, Organisational Development
Fiona Walshe	Club Forum
Paul Keating (LIT Tipperary)	Governance Subcommittee, Organisational Development
Marie Ryan	Finance and General Purposes and Audit,
Lauren Browne	Youth Executive
Fintan Dwyer	JBOM

**Attendance 2015:**

Emma O’Dea	75
Mary Hanna Hourigan	75

Darragh Scott	25
Trevor Nesirky	100
James Ryan	75
Jenny Ludlow	25
Paul Keating (LIT Tipperary)	88
Marie Ryan	88
Lauren Browne	50
Michelle Ryan	100
Lauren Rusk	100
Fiona Walshe	7

**Core Staff**

Name	
Cora Horgan	CEO
Olivia Ryan	Administration & Finance Thurles
Caroline Burke	Community Employment Supervisor
Catherine Doyle	Cashel Neighbourhood Youth Project (CD on Maternity Leave)
Regina Kennedy	Cashel Neighbourhood Youth Project (Maternity Leave cover)
Joyce Brennan	Templemore Youth Project
Moira Evans	Tipperary Youth Project
Carmel O’Neill	MTDI Project (On Maternity Leave)
Claire Turner	MTDI (Mat leave cover)
Edwina Butler	Traveller Project (currently on Carer’s leave)
Catherine Donaghy	Traveller Project /TAR Project (Monday & Friday)
Donna McCarthy	Rural Outreach Project
Maura Carey	Rural Outreach Worker (currently on sick leave)
Pauline Strappe	Information Co-ordinator
Sara Leahy / Geraldine	Templemore Family Support Project



Gannon	
Teresa Normile	Garda Diversion Project
Aisling Reade	Garda Diversion Project
Donal Kelly	Youth Employment and Training
Laura Maloney / Sara Leahy	Thurles Youth Project
Shirley Byrnes	20:20 Activation Project (Youth Employment)
Laura Ryan	Youth Employment support worker
Zoe Gogarty	Rural Outreach Project
Ann Marie Lehart	YOUTH Mental Health & CYPSC

**CE Staff**

Josephine O'Driscoll	CE Supervisor Assistant
Anthony Leahy	Templemore Family Support Project
Vacant	Templemore Youth Project
Vacant	Templemore Youth Project
Noel Byrne	Traveller Project, Littleton
Deborah Sweeney	Traveller Project, Littleton
James Kearney	Administration Assistant
Agnes Moloney	Thurles YP / Traveller YP
James Digan	Thurles Information Project
Marie Kennedy	Thurles Information Project
Martina Ryan	Thurles Information Project
Paud Gleeson	Thurles Youth Project
Eileen Thackaberry	Thurles Youth Project
Winifred Quigley	Administration Assistant
Ann Carey	Thurles information Project
Jimmy Cleary	Thurles Youth Project
Denis Keane	Information Project Tipperary (awaiting vetting)

Honorata Kozak	Information Project Tipperary
Catherine Spencer	Information Project Tipperary
Debbie McDonnell	Tipperary Youth Project
Susan O'Brien	Tipperary Youth Project

**R.S.S**

Catherine McGrath	Information Project Thurles
Mary Laffin	Information Project Tipperary

Funding Report 2015

Application Title	Relevant Project	Funder
SPY projects -	Thurles/ Templemore, Tipperary, Rural, NTTryp, YIC	Dept Children and Youth Affairs
MSG - TRYS	Central	Dept Children and Youth Affairs
Cashely NYP	Cashel NYP	TUSLA
More FSP	More FSP/ Littleton	TUSLA
MTDI	MTDI	HSE
Traveller Youth Project	NTTRYP	HSE
Templemore Youth Centre	Templemore YP	National Lottery
IYJS	Garda Diversion Project	IYJS
Volunteer /Worker disability support training	Rural Outreach	HSE West
TRYS Music project	Music Project	ETB
EVS	Youth Information	Leargas
NTTRYP Youth Project	North Tipperary Traveller Project	MWRDTF
Teen Fit	Templemore Family Support Project	MWRDTF
1st & 2nd Year programme	Thurles Youth Project	MWRDTF
Film	Youth Information	MWRDTF
Healthy Lifestyles Project	Thurles/Templemore	HSE West
Disability training	Rural Outreach	HSE South





Youth Work Ireland Tipperary

Work Winner	Youth Employment	Tony Ryan Fund
Youth Mental Health in South Tipperary	Mental Health	Tony Ryan Fund
TRYS Thurles Youth Centre	Thurles Youth Project	Tipperary County Council
WRAP	Central	HSE North Tipperary
LGBT Training	Central	Caring Communities
School Meals Programme	After Schools, Thurles NTRYP & Cashel	DSP
Opportunities on Board	Central	LEARGAS/ Greek partner
ALP 2015/16	Tipperary YP	ETB/Seth Tipp Dev Co
Local Agenda 21 - various	Various - Thurles, Templemore, Littleton, Central	Tipp Coco
CNN Tender	YIC	Tipp Coco ./ DCYA
Youth Café Capital Application	Thurles, Cashel & Tipperary Youth Projects	Dep Childers and Youth Affairs
Youth Information Funding		Dep children and Youth Affairs
Suicide Prevention	NTRYP	NTSAP
Music Network	Tipperary YP	Music Network
Be SmartDoART	Cashel	YPCE
Activ8	Central	Youth Foundation of Ireland
Snow White and 7 MHH	Cashel NYP	St Stephan's Green Foundation
Sigrid	Central	The Wheel
Youth town	Work Winner	LEARGAS
National Play Day	Thurles Youth Project	Tipperary County Council
Activ8	TRYS	Coca Cola
FLIP	TRYS	IPB
Cool Ceol	Templemore	Tipperary County Council
Afterschool's supports	Tipperary YP	Irish Youth Foundation
DEAL - Bilateral Training Project	Work Winner	Leargas

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Work Winner - extension	Work Winner	Community Foundation of Ireland
Disability federation of Ireland	Youth Disability - central	Dept JELR
Snow White and 7 MHH	Cashel/ Tipperary	HSE
Youth Mental Health Booklet	YIC	HSE
BE Well Thurles	Thurles YP	HSE - NOPS
Connected Communities	Tipperary YP	Connected Communities
Local Agenda 21 - various	ALP, Templemore, Tipperary, Cashel NYP, JBOM, NTRYP	Tipperary County Council
Connex 15	TAR	Tipperary County Council
Youth Participation Panel	Rural Outreach	IYF
Developing Entrepreneurs	Work Winner	Leargas
SPY Hardship fund	Project	DCYA/ CDYSB/ ETB/ YWI
LOL Local Opportunities for Leadership	Rural Outreach	Community Foundation of Ireland