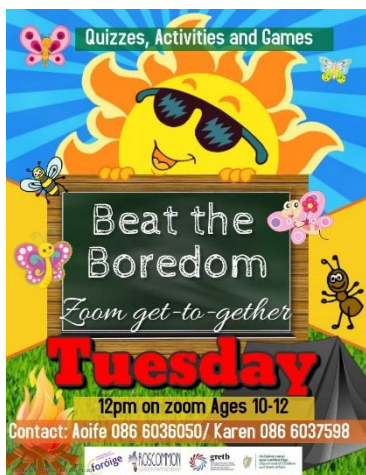


Roscommon Youth Service Service Update

Although we have had to close your physical doors, we are most definitely still here and working hard to support young people across county Roscommon through a range of services being offered online, phone, text and much more.

Groups

Our groups for the majority have transitioned to being offered online through zoom and other video platforms. We are still offering Youth cafes, Darts Groups, music lessons/groups and many more groups every week. We have even added some additional groups in the form of Boredom buster groups, a walk and talk group and quizzes every week to help



young people with the challenges faced while staying at home. During the Easter we ran a three day Easter camp for young people aged 13-17. We have plans in the coming weeks to add some additional groups including The Leadership for Life Programme (Online).

We continue to work closely with the Roscommon STEAM project, Roscommon Youth Participation and The Ability programme to deliver diverse groups for

young people including young people with disabilities across county Roscommon.



Individual Supports

These are challenging times for young people, in particular those that may have additional obstacles in their lives. We are continuing to offer one to one support for young people aged 10-24 years. This can be done through call, video calling or text. If you think a young person would benefit from additional remote one to one support please support them to make contact or send in a referral.



**YOU CAN TEXT US TO ARRANGE A CALL OR
VIDEO CHAT**

Online life coaching 17-24 Year olds

With an increase in unemployment and the changes in educational goal posts, young people may be in need of some additional support in setting goals and planning to achieve them. We are offering young people aged 17-24 online life coaching from one of our qualified life coaches. Young people can contact Gary or Linda for information.

ROSCOMMON YOUTH SERVICE

LIFE COACHING ONLINE 18-24YRS

Unsure of your Next Step? →

Not sure of How to move Forward? →

GET COACHED

- SHORT TERM
- FOCUS TIME
- REAL GAIN

- CAREER
- LIFE BALANCE
- FULFILLMENT

GET IN CONTACT TODAY

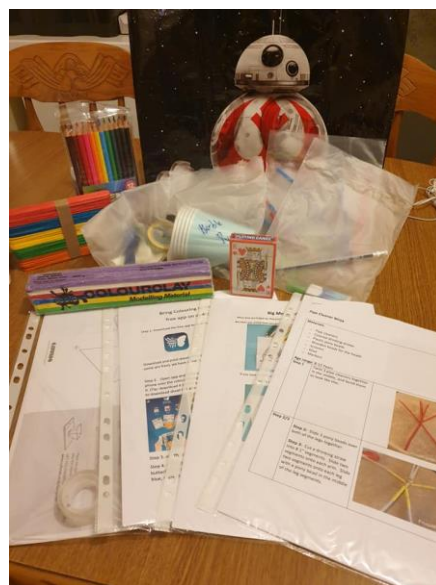
Linda on 086-0319017 or linda.delaney@foroige.ie

Gary on 086-0105547 or gary.nugent@foroige.ie

foroige | ROSCOMMON | greth | An Bóinn Léinn

Activity Packs for 10-12 Year olds

We have been working hard to provide activity packs to families with young people aged 10-12 years. These packs include 10 plus actives and the materials needed to allow young people to get creative and use their extra time in a positive way. The packs will be added to every two weeks with additional activities that use the original material provided or require no materials at all. This has been made possible through partnerships with Castlerea Community and family resource center, Tusla and Foroige family services. In addition activity packs have been designed and delivered to young people from the travelling community living in Roscommon.



Competitions and Challenges

We have been working with young people and other community groups to set challenges and competitions for young people that will give them something to do, but that will also have a positive impact on their lives. These competitions include, letter writing to nursing homes, Volunteering challenges, physical health challengers and games and arts (Keepie Uppies, Egg Drop, Marble run). We have worked closely with Roscommon volunteering information Service and SICAP in delivering many of these initiatives.



Recycling Art and health food videos

The youth work team have been busy making videos for young people and parents that can be done at home using recycled materials. These videos are shared on our social media platforms and directly to the young people and families that we work with. More than ever it's a time to use what you have at home to create new and exciting crafts.



Creating youth friendly information

It's so important that young people have accurate information that is created for them, using youth friendly language and messaging. The youth work team has been busy working with young people to create messaging that meet the needs being identified in their lives. We have focused on understanding social distancing, self-care, managing conflict at home and screen time.

Young people, you have a big part to play in slowing down the spread of Coronavirus!

Avoid close contact with others.
Avoid all types of close contact with other people. No shaking hands, high fiving, fist bumps, hugging or kissing.

Distance yourself at least 2 metres (6 feet) away from other people.
Put 2 meters between you and other people - If you can't both stretch your arms out without touching the other persons hand, you are too close!

Small group sizes should be kept to a minimum.
Don't arrange to meet your friends down town or at the park. Use your snapchat/tik tok/ Instagram to chat with them instead.

Don't arrange to meet up with other groups.
This is not the time to expand your crew! If you shouldn't be meeting with your friends then you definitely shouldn't be meeting with their friends too.

Avoid the places that look busy and go to busy places and go to busy places for your usual.
Avoid spaces that look busy. If other young people are hanging out in groups in places, you should avoid these places... You can always blame the Coronavirus!

unplug
FIND YOUR OUTLET

When things aren't working the way we want them to, we unplug them and they almost always work when we restart them...It's the same for you.

In these times of social distancing and all the restrictions that keep you from going to school, meeting up with your friends and all the face to face things you are used to, it is easy to over do our screen time. Don't forget to take some time away from your phone, Telly, Tablet and games console.

- Go for a walk or a run
- Read a book
- Have a cup of tea with your family
- Cook something new
- Start to write a novel
- Do some mindfulness or Yoga
- Play an instrument
- Dance around your room
- Try some new hairstyles
- Exercise
- Do what works for you...

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Self-Care Tips: For 13-24yrs

- 1. Tidy your Living Space**
Clean the Space you are in the most. Clearing clutter can lead to a more calming environment.
- 2. Exercise**
Exercise can produce feel-good hormones. It could be as simple as going for a walk or taking part in an online programme of Physical Exercise - Link below https://youtu.be/6v-a_dpwhro
- 3. Limit Screen Time**
Try to schedule your time on the phone or watching TV and limit it. Check your use using: Android-Digital Wellbeing iPhone-Screen Time
Try to decrease this number each day in small ways. Some tips click the link below <https://spinout.ie/life/article/is-it-time-for-a-digital-detox>
- 4. Read a Book**
Maybe there is a book that you have never read, now can be a good time to read it. Reading can be good to calm your mind.
- 5. Bake a Cake or Scones**
 - Simple 3 ingredient Cake <https://letthebakingbegin.com/3-ingredient-sponge-cake-biskvit/>
 - 3 ingredient Scones <https://www.odlums.ie/recipes/3-ingredient-scones/>

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SELF CARE TIPS - TO MANAGE CONFLICT 10 - 24YRS

Get Calm First
Wait until you are Calm before addressing the issue

-Practice Breathing Exercises
CLICK THE LINK <https://www.youtube.com/watch?v=5D0F7N3Q18&list=PL> (Louise Shaugher)
-Get a drink of water
-Get some fresh air

Walk Away or Go to another room

This works when something is annoying you or frustrating you

Find a Win-Win Solution

Brainstorm a solution or make a deal where everyone feels heard and that their voices and need matter

- Share or Take Turns
- Play a Game of Chance; Rock Paper Scissors or Flip a Coin
- Do Something Else

Use I Messages

Say how you feel, what you hope for and how you want to be treated
For example, 'I felt ____ when ____' or 'I would like ____' or 'I want ____'

Listen with an Open Heart

Listen to the other person without interrupting or judgement. Try to put yourself in their shoes

Apologise

Saying you are sorry when you have made a mistake helps to make repairs

Roscommon Youth Service
If you need support during this time contact us on:

Gary 086-0105547 Sean 086-0319014 Linda 086-0319017
Karen 086-6037598 Aoife 086-6036050

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Getting in Contact!!

We continue to offer our services at times that are accessible for young people, our groups and individual supports are run at various time throughout the day with a particular focus on evenings. We will continue to work our hardest to make sure that we are available for young people at times that work for them. If you have any questions please feel free to get in touch with a member of the team.

Recording requirements

We continue to ensure that we keep track of the number of young people we work with as per the UBU, project performance overview framework.

Worker	Number	Email
Gary Nugent Senior Youth Officer	0860105547	gary.nugent@foroige.ie
Sean Fleming Project worker	0860319014	sean.fleming@foroige.ie
Linda Delaney Project worker	0860319017	Linda.Delaney@foroige.ie
Aoife Guihen Project worker	0866036050	aoifeguihen@ridc.ie
Karen Bowens Project worker	0866037598	KarenBowens@ridc.ie

Partnerships

These challenging times have highlighted even more the importance of working in partnership to achieving the best outcomes for young people. We would like to thank all of community groups and agencies for their continued support in our work with young people.

Thank You!

Keep up to date with our supports and programmes on our social media channels

Roscommon Youth Service



An Roinn Leanaí agus Gnóthaí Óige
Department of Children and Youth Affairs