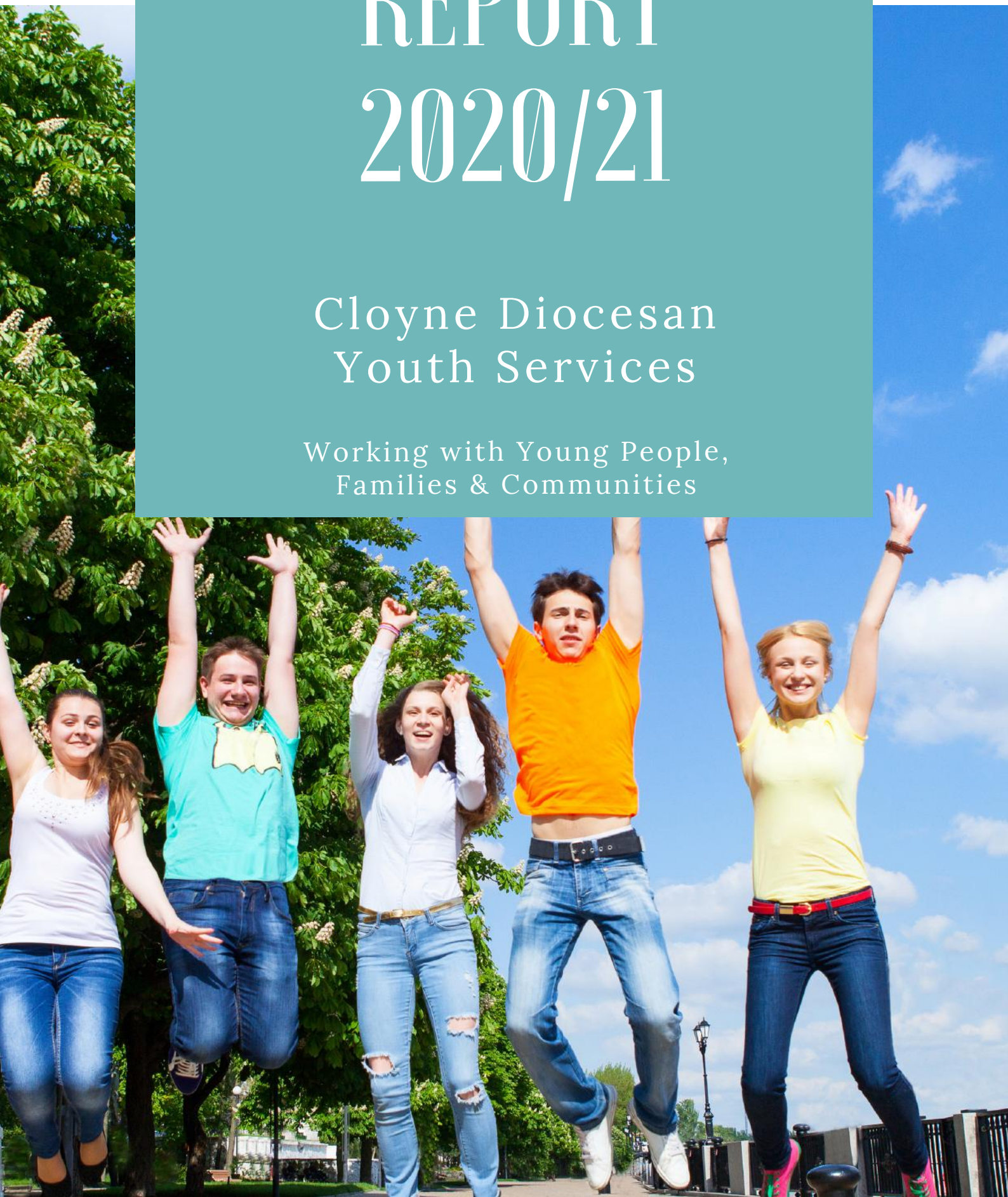


ANNUAL REPORT 2020/21

Cloyne Diocesan Youth Services

Working with Young People,
Families & Communities



ABOUT CDYS

For almost 60 years CDYS works to empower young people, Families and Communities through quality services in a safe and supporting community, regardless of social, economic or religious background. CDYS respects the ambition of youth and encourage and nurture them to help reach their full potential. We provide a forum for them to express themselves and to be heard. We have a voluntary led Board of Directors and our professionally qualified staff are committed to offering quality Support & Services to all.

CDYS BOARD MEMEBERS

Chairperson - Richard Dempsey
Tresurer - Sean Ryan
Secretary - Karen O'Reilly
Tim O'Callahan
Liam Ruane
Tara Galil
Barry Linehan



CDYS LOCATIONS

- Mallow
- Mitchelstown
- Macroom
- Middleton
- Fermoy
- Charleville
- Cobh

UBU Youth
Projects

CCA & PPFS
& Meitheal
Projects

Garda Youth
Diversion
Project

Youth
Ministry

CDYS Projects

LTI's &
Community
Projects

Therapeutic
Services

Community
Based Drugs
Initiative

Outreach
Services
Covering
North / East
Cork

CDYS REGIONAL OFFICE

Mallow Youth &
Community Centre,
New Road, Mallow.
022 53526
reception@cdys.ie
Charity No. 16840



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FOREWORD FROM THE REGIONAL DIRECTOR



Without doubt, this year has provided unprecedented challenges to us as an organization. We were faced with situations and demands that at first seemed beyond our imagination and ability to respond to. But respond we did. From the first moments of Covid 19 the staff and volunteers right across CDYS stepped into the path of the havoc that Covid 19 and lockdowns presented to some of our most vulnerable people. CDYS services and staff responded without missing a beat and were among the first to adapt services, to engage with IT and technology, to invent new ways of keeping in contact with vulnerable and to make sure that the hundreds of families and thousands of young people we work with were not left alone to deal with all that Covid has visited upon us. While our buildings may of closed our services remained open. I could outline a very long list of things that CDYS staff undertook to help others, ranging from a massive food relief effort across the organisation, to addressing the IT challenges many felt as well as the many ways they responded to alleviate the fear, anxiety and loneliness felt by so many. I suspect that when this is over we will have to look back to get a proper sense of the enormity of the work carried out by CYDS and the impact the staff are having on so many among us.

I would like to thank the Board also for their guidance and courage throughout the last year as they navigated and supported CDYS in its work and responses to communities. They have continued their role as custodians of the vision and mission of CDYS as well as ensuring that all legal and compliance obligations were met to ensure CDYS remains an organization of integrity and honest endeavour.

I would also like to thank our partners and funders. Your trust in our work, practice and sincerity has enabled us to adapt, grow and expand on our vision for a better society for young people, children and vulnerable families. We appreciate your support and continued partnership.

As I write this we are still in the midst of dealing with Covid 19. Many among us are tired but here in CDYS there is a resolve to stay the course. We continue to adapt, to diminish the distance and isolation many are feeling and to instill a belief that better days are ahead.

For now, let us take a moment to appreciate the work, dedication and effort put in by so many across CDYS. Covid 19 has brought unprecedented challenges, CDYS has responded with unprecedented and steadfast commitment to those we live and work with.

A sincere thank you to all who work with us, support us and believe in a better and brighter tomorrow.

Brian Williams
CEO – CDYS

FOREWORD FROM BISHOP WILLIAM CREAN



A Chairde,

Little did we think this time last year that Covid 19 would continue to impact so greatly on our everyday lives. It has meant that no one is untouched by it and people of all ages have had to readjust in so many ways to manage its demands.

For young people like yourselves, this has been a challenge like you have never experienced before. So it is little wonder that it has led to anxiety and confusion on one level, but to a new strength and resilience also. I would like to recognise the commitment of the staff at CDYS who work with so many vulnerable Families and offer support to Young people and parents alike.

I am filled with gratitude that the team at Cloyne Diocesan Youth Services have recognised your new situation and helped you to respond and cope with things in a positive way. We trust always in the Lord's goodness and understanding and I am glad that some of you have been able to avail of the retreat opportunities during Lent, to share with one another your questions and your search for meaning and hope.

I pray for all young people during this particular time of challenge that you will feel free to reach out and ask for the advice and help that you need at any time. Finally, I thank the entire team at CDYS for their generosity of spirit and their willingness to adapt and change as circumstances demanded.

With prayerful good wishes for the year ahead.

+ William Crean,
Bishop of Cloyne



ROMAN CATHOLIC
DIOCESE OF CLOYNE

FOREWORD FROM THE CHAIRPERSON



The year of 2020 was an exceptional year for all of us! We never thought we would be dealing with a global Pandemic. I however, have found great comfort in the fact that our young people have dealt with this situation with great strength and resilience. I have seen how well they have dealt with changes to their school and social lives over the past year and have realised that our young people are a great asset to our society. Although it has been a tough year for everyone, CDYS service users and Youth Workers alike have pulled through and now we can see light at the end of the tunnel.

Our dedicated Youth Workers, Family Support Workers and Volunteers are the true backbone to CDYS and I would like to thank each and everyone one you for your hard work during 2020. It wasn't an easy task finding new ways to interact with young people and families during this extraordinary time. Well done to you all for your commitment, diligence & perseverance.

I was delighted to see that 2 of our CDYS Volunteers won Awards in 2020. Miriam O'Connor was awarded North Cork Volunteer of the year. Miriam is a valued Volunteer with the ACTivate club which is a club for young people on the Autism spectrum. She has been involved in the club for over 10 year's and we are forever grateful for her commitment and dedication. Alfie Kilberd was awarded Under 18 Volunteer of the year. Alfie has been actively involved with CDYS for the past 5 years and is now a Junior Leader with Mallow Youth Council, he offers other young people encouragement and support and is a dedicated Volunteer within CDYS. Congratulations to you both!

I would like to thank our dedicated Board of Directors for their continued hard work and commitment to ensure financial security, good governance, planning and forward thinking attitude to secure the future success of CDYS.

I would also like to say a special thank you to the external agencies and funders who ensure we are able to maintain and grow our services.

Our plan for the year ahead will focus on Young people's mental health. We are currently conducting a survey on this and will endeavour to address any issues that arise once this is completed. The year ahead will see further changes for us all but CDYS will ensure we grow and change the way we operate to ensure our service users have services and supports that suit their needs and help them grow into responsible and resilient adults.

Yours Sincerely

Richard Dempsey, CDYS Chairperson

CDYS CONTACT'S

REGIONAL OFFICE

Mallow Youth & Community Centre,
New Road, Mallow
022 53526
reception@cdys.ie
www.cdys.ie

UBU YOUTH PROJECTS

Midleton - 086 8031291
Mallow - 086 8031206 / 087 7148268 /
085 7336965
Fermoy - 086 8031200
Mitchelstown - 086 8031227

COMMUNITY DRUGS BASED INITIATIVE

Mallow/Mitchelstown - 086 3836414
Macroom - 086 8031109
Fermoy - 086 6096874

CCA & PPFS & MEITHEAL PROJECTS

Covering North Cork and Macroom
086 8065863

GARDA YOUTH DIVERSION PROJECTS

Mallow - 086 6096875 / 087 9274770
Cobh (Feabhas) 086 4179332 / 087
9266977
Charleville/Mitchelstown - 086 7031483 /
086 7031482
Midleton/Fermoy 086 7031484 / 086
7031485

LOCAL TRAINING INITIATIVES

North Cork Sports & Recreation,
Mallow - 086 4693360
The Good Lives Project, Macroom - 083
1699095
East Cork Music Project, Midleton - 086
1409513

YOUTH MINISTRY

Mallow
086 8031126 or 086 8349540

THERAPUTIC SERVICES

Youth Counselling - North Cork Area 086
1841860
Youth Counselling - Midleton 085 7670980
Play Therapy - Mallow 087 9366207
Art & Play Therapy - Midleton 089 2348088

COMMUNITY DEVELOPMENT & ARTS PROJECT

Macroom
083 1609007

COMMUNITY BASED DRUGS INITIATIVE

Community Based Drugs Initiative is a project managed by CDYS in partnership with a local advisory committee and is funded by the Regional Drug & Alcohol Task Force.

WHAT THE PROJECT OFFERS

One- to-one Support:

We provide one-to-one support in a safe and confidential environment.

Supporting Family Members:

Confidential support for parents, family members or other concerned persons whose lives are affected by another person's alcohol or drug use.

AIMS OF THE PROJECT

To work primarily with young people aged 12 + who are:

- At high risk of experimenting with alcohol and drugs.
- Work with people who are currently misusing alcohol and drugs.
- Work with people to support their recovery from drug and alcohol misuse.
- To support families to cope with their loved one's drug and alcohol use problems.
- To support people in making positive changes to their alcohol and drug use.
- Assessing clients' needs and making appropriate referrals.

For further information on this Initiative please contact

Fermoy – Kasia – 086 6096874

Mallow / Mitchelstown – Nicola – 086 3836414

Macroom – Kevin – 086 8031109



OUTREACH COUNSELLING

The busiest month since this project began was February of 2020. Following this was a massive change in the field of Counselling and Psychotherapy. Counselling had to be offered online and on patios. Rather than getting a hot chocolate or an ice cream and making a day of it for a first counselling session to ease the nerves, young people and those that love them reached out for counselling from their homes. At a time in their lives when going out into the world and learning and growing from that is essential, they stayed at home to protect their loved ones and the loved ones of others. Boyfriends and girlfriends were missed. It was a particularly challenging time for extroverts. Still, it was an opportunity to get to know themselves and their loved ones perhaps in a new way. Family time became important again. Play occurred. New normals were created where rivalries, sibling and schoolmate, could have a line drawn under them. It is a challenging time to be an adolescent but an exciting time too. Today's adolescents are contributing to the creation of a world that promises more gender, racial, disability equality and climate awareness than we have known before. Adolescents often lead the way in seeking help in improving their mental health. Slowly, we are moving towards seeking help in the area of mental health just like we would go to a physio if our muscles were in need of a helping hand.

CDYS Outreach Counselling is accessible from Mallow, Mitchelstown, Kanturk and Charleville. Adolescents aged 12 and upwards and their families avail of the low-cost, limited session, solution focused, relationship focused service. They use the space to understand each other better and decrease anxiety and depression symptoms. Good Counselling helps to turn the volume up on what works and to turn the volume down on coping strategies that are, perhaps, not working so well. Trauma treatment, family support and information on other services where appropriate are also available.

The way you look at things
is the most powerful force
in shaping your life.

John O'Donohue

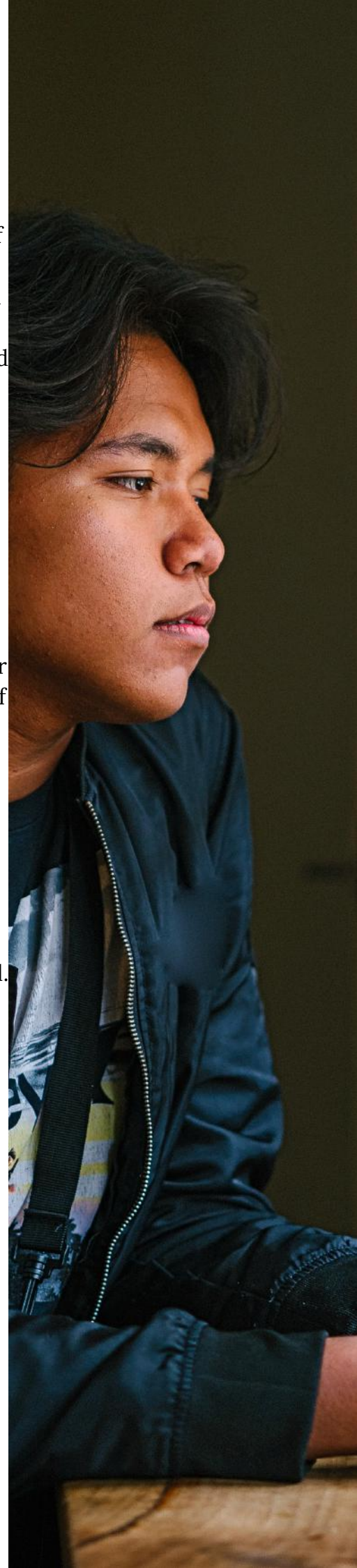
If you would like to contact our Outreach Counsellor please contact Finbarr on 086 1841860.

Other Therapeutic Services CDYS offer are:-

Midleton - Youth Counselling - Karen - karenm66@live.com

Midleton - Play & Art Therapy - Paddy - 089 2348088

Mallow - Play Therapy - Daragh - 087 9366207





Vicci O'Brien

Creative Community Alternative currently have a team of 4 support workers and one part time coordinator, the team is based out of the CDYS centres in the North Cork area. Our team of support workers work closely in a one-to-one setting with young people and families. Our skilled workers facilitate tailored, flexible, and timely interventions to meet children's identified needs within their family, community or care setting.

To give a little background to the Creative Community Alternatives project (CCA), the aim of the project is to provide alternative responses to children and young people who are either on the edge of alternative care, or currently in alternative care due to complex factors that may include abuse, neglect, parental separation, attachment issues, alcohol and /or drug misuse, mental health and economic disadvantage. CCA is a tool for high level prevention work aimed at delivering wraparound supports for children and families within their own community.



Wayne McSweeney

It refers to a holistic service designed to meet the identified needs of children, young people, caregivers and siblings and to address a range of life areas through the team-based planning and implementation process, within the community. CCA also aims to develop the problem-solving skills, coping skills, and self-efficacy of young people and family members. There is also an emphasis on integrating the youth into the community and building the family's social support network.

Prevention services can address complex and acute needs through a multi-agency approach to avoid "last resort" options such as taking a child into care or moving a child to secure care. Through a strengths-based, trauma-informed and child centred approach.

Having access to consistent and resourced support allows for the provision of home-based supports, intensive services to address and support challenges with emotional difficulties and access to positive activities and local resources in their communities.



Emaoir Hartnett



Joan-Marie O'Leary



Wayne O'Donnell

PPFS & MEITHEAL PROJECT



Wayne McSweeney



Aoife O'Keeffe

The PPFS & Meitheal team started in March of 2020 and has grown from three support workers to four over the last year. PPFS is a family support service that provides support and advice to parents and young people. This is a voluntary service, and the main focus of this service is on early intervention aiming to promote and protect the health, well-being and rights of all children, young people and their families. Meitheal is a case co-ordination process for families with additional needs who require multi-agency intervention but who do not meet the threshold for referral to the Social Work Department under Children First. Practitioners in different agencies can use and lead on Meitheal so that they can communicate and work together more effectively to bring together a range of expertise, knowledge, and skills to meet the needs of the child and family within their community. Meitheal is an early intervention, multi-agency (when necessary) response tailored to the needs of an individual child or young person. Children and families are most likely to do well if they are provided with appropriate support in a timely fashion that is coordinated, and there is good communication and partnership working between professionals. Supporting families and keeping children safe is everyone's business. Families should experience services as easily accessible and integrated at the front line in their own communities.



Stephaine Heffernan



Susan Pearmain

MITCHELSTOWN YOUTH PROJECT



In July and August, we ran a Summer program outdoors in the garden. We set up pods where the young people took part in art, baking and games. Every week we had a barbeque and we hosted two birthday parties in a safe manner. We continued our group chats and our healthy eating program on a weekly basis.

We were able to welcome the young people back into the centre in September. With the help of our Junior Leaders, we set up a Junior Youth Club. Every Wednesday between 4pm and 6 pm we provided young people, between the ages of 10 to 14, with 'Just dance' fitness classes, arts and crafts, bingo and movie days. Our Junior leaders also ran a Halloween Art competition for the Junior Youth Club.

Throughout the year we ran an online safety campaign aimed at parents and young people addressing issues around online abuse, cyberbullying, sexual exploitation, sexting, grooming and information on all the different social media apps and the hidden dangers in some of these apps.

At Christmas we rewarded our Junior Leaders for all their hard work during the year with a trip to Bella Café in Fermoy. We also provided them with a selection of Christmas gifts. We used the company bus and that allowed us to drop the kids home safely afterwards.

Other activities during the year included one to one work, food cloud provision, student placement, volunteer recruitment, digital online work and outreach/detached youth work.

2020 for CDYS Mitchelstown has seen us embrace the need for Online Digital Youth Work. The global COVID-19 Pandemic changed the way we would usually interact with young people and what we are able to deliver and provide as a Youth Service.

Between March and July 2020, the Mitchelstown Team had to change their programme of delivery to follow government guidelines and to keep young people safe.

We set up a weekly programme of online events, whilst still offering one to one support for young people. This was both a challenge and also a learning opportunity for how we continue to deliver Youth Work practice to a wide range of young people. Risk assessments were put in place to ensure we were keeping the young people safe and protected.

During Lockdown we ran an Online Photography competition. This was open to all young people in Co Cork. We got a great response with over 90 entries from Mitchelstown, Mallow, Fermoy and Carrigtwohill.

The standard was very high, and the photographs were on show on our Instagram page. After running the competition for three months we picked our winner, Caoimhe Vaughan Browne.



MALLOW YOUTH PROJECT



2020 was one of the most challenging years in the Mallow Youth project, but all of our youth workers responded and acted so quickly to support vulnerable targeted youths in our community. Following the outbreak of the pandemic in March, we were looking for ways to support our staff and young people as it was a time of great uncertainty. Our service has a great diversity of participants, many of them are living with the consequences of Adverse Childhood Experiences (ACES), involving young people from minority ethnic backgrounds, including young Travellers, young people at risk of addiction and homelessness. The Covid Pandemic impacted on how we worked with young people. Youth workers quickly became proficient in setting up various platforms through Zoom, WhatsApp, Messenger and Discord to engage with young people online.

Food Cloud was also delivered weekly to vulnerable families a number of times during the week. We also did a show box and food hampers that were distributed to families at Christmas time.



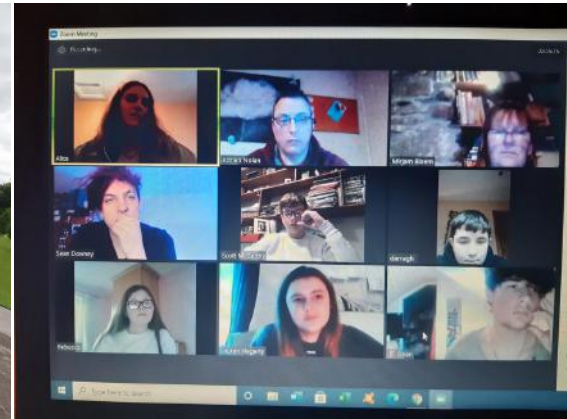
During the summer of 2020 restrictions were lifted and Youth Workers took to the streets and parks to reach out and connect with young people, Mallow Castle became our favourite hangout for young people to engage with the service. Detached work proved to be very successful and various groups were formed to support young people from music to community clean ups, to trips and outings to Ballyhass Lakes and to Oysterhaven with young people from Direct Provision for a week of sailing.



Many of our young people we work with have a lived experience of inequality and as youth workers we are working towards empowerment and inclusion. In addition, we had been asked to work with young people in Direct Provision centres and began to look for places to train and resource ourselves. We have found that using the Sustainable Development Goals as a resource is a great tool in working with young people to examine and understand the impact that policies have on people's lives. We are looking to develop and empower and awaken a consciousness in young people to look at ways to bring about change within themselves and their communities. We also had a solidarity group which was established for over 18s.

FERMOY YOUTH PROJECT

CDYS Fermoy works with all young people aged between 12-18 years. The aim of the project is to build confidence and self-esteem, learn new skills and have fun in a safe and welcoming environment. The project works with young people in small groups, both focused groups and drop-in groups or on a one-to-one basis to provide support and advice when needed. In 2020 CDYS Fermoy came under the new UBU Your Place Your Space which is a pathway to targeted quality, flexible and sustainable youth services in Fermoy and the surrounding community. It was also the year we said goodbye to Rose Finnerty. Rose was a fantastic youth worker in Fermoy over the past four years and we wish her all the very best in her new role in Galway. Rose left a great foundation for Adrian Nolan who has stepped in to fill those big shoes.



2020 has been a challenging year for all of us at CDYS in Fermoy. Rising to the challenges, as well as the opportunities, presented by COVID-19 has tested us in many ways and shown that we are capable of meeting those challenges. While our premises have been closed like many other services, we were still able to engage with young people online and in small groups outdoors as much as the restrictions allowed.

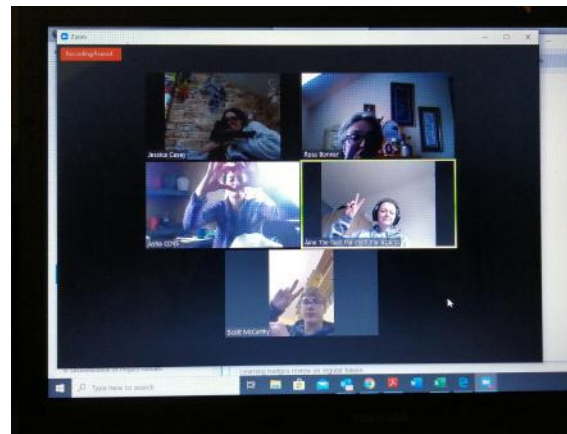
In February we worked with young people indoors delivering a Youth Identity programme with girls aged 15 to 18.

This was a great project that worked on improving image, self-esteem and confidence with the young people involved. Early in the year CDYS Fermoy also worked with young people who were transitioning from primary to secondary school. This process helped the young people involved improve their confidence and meet new young people.

CDYS Fermoy also worked with young people as part of our LGBTI+ group. They have engaged over the summer online and met with staff in the town park as part of the outreach work carried out during lockdown. The LGBT group had an outdoor programme of three weeks with the company Active connections. 10 young people took part doing team building games in the park, kayaking on the Blackwater and did a rubbish collection along Barnane amenity walk in Fermoy which was picked up by the local newspaper, The Avondhu.

Young people also engaged with our music group which ran in person when allowed and continued to engage with us as we went back online. Young people from a range of ages and backgrounds take part in this project which runs all year round. Adrian and Mirjam would like to thank all the young people for their commitment and engagement over the last 12 months. We would also like to acknowledge all the help and support from our volunteers and facilitators who have worked with us in difficult circumstances and we look forward to better and brighter days ahead.

MIDLETON YOUTH PROJECT



We continued our work on Climate Awareness, and ran the YWI pilot programme 'Our Fair Planet' where young people were introduced to the Sustainable Development Goals. We met with the Genzee Group weekly as they worked on the Youth Leader Training with a view to becoming Youth Leaders.



We said goodbye to Asha and a big Welcome to Bernard O Callaghan, our new Youth Worker who will be covering CDYS Carrigtwohill also.



Despite a year of Zooms and online connections we managed to continue to keep in touch with most of our young people. We spent time outside, we hung out at the woods, did litter picks and lots of 'walkabouts'. Lots of Pizza was eaten in the great outdoors.

We moved groups like Rockschool and Youth Council online and young people were happy to stay involved, and our Therapeutic services adapted well to the new norms and continued to offer supports to young people in whichever way worked best for them. We provided one to one supports whenever and wherever needed.



We rounded off the year with a Trolley Day at Tesco Midleton, where we collected foodstuffs for local families in the run up to Christmas.



We closed out the year with uncertainty for the immediate future but with a clear plan to continue to provide a quality youthwork service to young people.

CDYS YOUTH PROJECTS

Mallow Youth Workers

Miriam - 086 8031206

Dawn - 085 733 6965

Sharon - 087 7148268

Midleton Youth Workers

Ross - 086 8031291

Bernard - 086 1701912

Fermoy Youth Worker

Adrian - 086 8031200

Mitchelstown Youth Workers

Christy - 086 8031227

Martin - 086 6014036

UBU YOUR PLACE
YOUR SPACE WAS
INTRODUCED IN
JULY 2020

All young people are enabled to realise their maximum potential, by respecting their rights and hearing their voices, while protecting and supporting them as they transistion from childhood to adulthood.



THE GOOD LIVES PROJECT

The Good Lives Project Macroom is nearing the end of its 7th year and continues to evolve year by year. It's early years delivered modules leading to a full QQI level 4 Award in Employment skills, then in response to our evaluations fluctuates between QQI level 5 in Community Activation/General Studies and QQI level 4 in Sport and Recreation.



The course is full time, runs for 44 weeks and commences end of September to July each year.

For more information, please contact
Karen O' Callaghan 083 1699095
Karenoc@cdys.ie

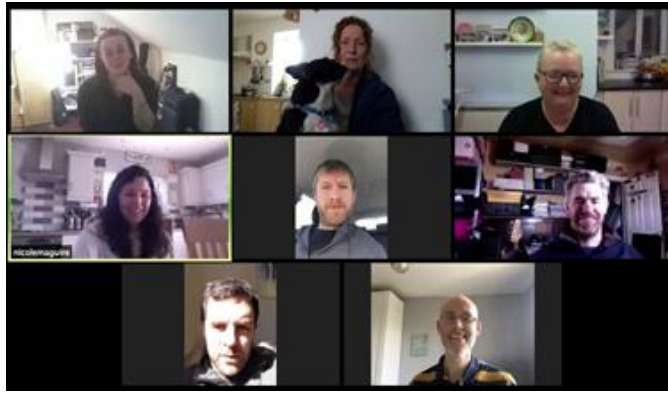


We undertake a Community Development and Youth Work approach which seeks to equip people with skills and a self confidence that will allow them to identify and pursue areas of interest, aspirations or dreams. In essence we work to a philosophy that believes that everyone has an interest and value in something and by assisting them to identify and work towards those aspirations will in turn cause them to become engaged with the process and their sense of self-value, motivation will increase.

Staff focus considerable time and energy on each participant to create a clear and achievable progression path beyond the programme. We encourage the use of sports, fitness, health, nutrition and good horticultural practice with participants to explore their interests, skills and competencies that in turn will point to a progression route.

Modules include Teamwork which equips participants with the skills to effectively participate in teams, learning about group dynamics, group theory and managing conflict. Teamwork in the kitchen is critical for creating the best food experiences, and indeed we got that experience when we cooked Christmas dinner in Good Lives this year. Every learner, volunteer and staff member participated and was given a task to complete. It proved to be very successful and indeed memorable for all.

EAST CORK MUSIC PROJECT, MIDLETON



As we all know, 2020 was a year that none of us could have anticipated. On Thursday 12th March 2020, our centre closed for what we thought was going to be two weeks. Our learners met every challenge, and continued to turn up for their sessions. We moved to the platform “Zoom” and learned together how to navigate learning and facilitating online. The staff and learners have to be commended for their commitment to the project, and to the learning that was involved in working through the pandemic. Unfortunately, we did not manage to get back in to the centre before the end of our calendar year, but for the new learners coming on the current course, we started our journey all together, in the centre. Over the course of a few weeks, with a lot of covid cases in Midleton and East Cork, we did revert back to online learning for health and safety reasons, and the current learners did just as the group before them did- met the challenge head on and worked through with us.



Annual Christmas Concert:

Due to the pandemic, we were unable to safely hold our Annual Christmas fundraiser in person. Instead, we decided that the safest way to facilitate our event was to pre record the show, and release it on social media in December. Learners gained a new understanding of what it is like to design and hold an event virtually. While it was not as effective and the in-person experience of performing in front of a live audience was not received, a new learning was indeed had by staff, learners and our external team that helped to facilitate this event.

The Art department:

We were unable to hold our Annual craft fair this year, but instead of leaving the month of December unmarked by the incredible talents of our team and staff, the following happened. Our art team here at ECMP decided that even during the pandemic, there are safe ways to share our skills and talents with the community, and came up with a plan where the learners collect a range of materials, as well as original pieces and make them into beautiful gifts that they would donate to patients of Midleton Hospital. Identifying that there was a lot of loneliness within the community and the fact that many patients might have gone some time without seeing loved ones, a nice gift would be a welcome surprise for them. The gifts were received with total appreciation, and the kind gesture of the artists here at ECMP was greatly welcomed.

For further information contact Nicole on 086 1409513

NORTH CORK SPORTS & RECREATION LTI

Despite the challenges of covid 19, the North Cork Sports and Recreation LTI continues to evolve in new and exciting ways. Our main goal is to develop a community of learners through quality education that integrates theory, practice, and personal growth in a sports and recreation environment.

The spread of Covid 19 and the regulations imposed as a result, disrupted our academic year. We worked with our stakeholders in the Cork Education and Training Board (CETB) to devise new and innovative techniques to work with our students remotely and push onto achieving the results required. The project was equipped with extra laptops and teaching was carried out through a new platform called adobe connect, which is similar to zoom. Even our gym programme was moved online with zoom classes and one to one consultations with a personal trainer. The resilience of the staff team, commitment to training in new technology and quickly putting it into practice is notable.

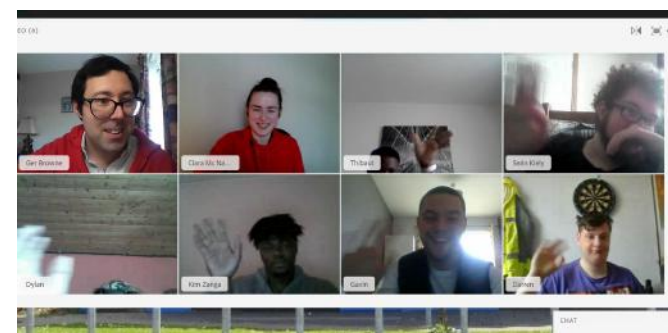
To make online classes engaging for our students we developed games and activities and updated our teaching material. It is fair to say that from the video analysis section of our soccer module we have a few budding pundits. We devised a new structure for our online classes and maintained a high level of engagement throughout the year.

On this project participants can expect to achieve a QQI Level 4 major award in Sports and Recreation. It's the equivalent to a pass leaving certificate and something that can open doors to further education for young people. Student progression is something that is paramount and something we pay attention to both as a team and through our dedicated student progression officer providing students with the skills and support to move on after the course.

Students attend the Gym twice weekly and in addition to this students get the opportunity to participate in the following sports: Soccer, tag rugby, dodgeball, basketball, speedball, Olympic handball, ultimate frisbee, flag tag, and badminton archery, boxercise and a whole host of other sports.

Students also attend a variety of workshops such as: Yoga, mindfulness, first aid, as well as money advice & budgeting. New resources added to the project include a number of mini trampolines; free weights; and wobble boards, all of which help to build variety into our high intensity workouts.

Our daily breakfast club is now a cornerstone to our morning schedule. Students can avail of tea, coffee and toast, a variety of cereals, seasonal fruits and yoghurts. It has been a huge success, increasing students ability to concentrate on academic work and push for sporting excellence.



Staff Quotes

Susie Rooney (Assistant Project Coordinator)

"They say if you love your job, you'll never work a day in your life and this is true of my job. Everyday has new challenges which means I'm never bored. The support I get from the Coordinator really helps to drive me and it keeps the project growing. It is such a rewarding work when you see young people come out of their shell and try to better themselves either personally, professionally or both. I really feel as though I'm helping to make a difference."



If you would like further information on this LTI please contact Ger on 086 4693360

COMMUNITY DEVELOPMENT & FAMILY SUPPORT, MACROOM

The community development and family support programme began about three years ago, involving adults, youth and children from the locality by offering a variety of activities including arts, educational talks, workshops and group activities. Although last year threw challenges our way in regards to logistics we were still able to continue with some of our regular supports, predominantly moving to online services. Most of the meetings were held via Zoom with sporadic face-to-face activities. Walks and outdoor social meet-ups helped to cope with the lockdowns and kept spirits high. Groups held workshops via Zoom where discussions on health and wellbeing, mental health and emotional regulation, resilience, supports and coping strategies during lockdown were explored. Marina Lynch, facilitated the 'First Aid Kit for Coping' as a focus point for some of the classes which have been extremely helpful.



Some of the ladies who attended the Women's Wellness programme are seen here enjoying a much earned rest after walking on the Coachford Causeway.

The ladies group were able to meet face-to-face to present certificates for completing the SHEP Women's Wellness Programme tutored by Noreen Leahy. The programme was very well received and the group continues to keep in contact and are looking forward to meeting up again soon.

The Community Food Initiative

This year funding was secured for the Community Food Initiative which was run in conjunction with Safefood Ireland. The programme engages families in food preparation at home, choosing one meal per week and cooking with their children. Everything was run online, or through WhatsApp other than food delivery and collection. The aim was to promote healthy eating, food safety and hygiene, communication, learning new skills and most importantly lots of fun. We had 6 families on the programme who all really enjoyed the challenge, encouraging one another by posting photographs and tips through a WhatsApp group. The evaluations were extremely positive mostly stating that there was an improvement in family communication around food preparation, menu planning and enjoying spending time together over a meal. Also learning new skills and trying recipes that they would otherwise not have attempted, they would all highly recommend the programme to other families.

Youth Project

Last year we were moving into our third year of youth work in the area, initially working with young people outdoors, through detached youth work and activities, we eventually moved to online due to governmental guidelines. We continued to engage with young people to enhance their personal and social development through quizzing platforms, workshops and dialogue through Zoom. Although we were restricted in many ways the feedback from the young people was very positive, for many it was the highlight of the week, giving them a break to have a bit of fun and a social outlet.

We were able to involve local young people including a number from rural and socio-economically disadvantaged areas and from Direct Provision through our online outreach programme. During the first and second lockdown we managed to keep the groups motivated by setting up a Facebook page, going online twice a week and running activities sessions exploring the effects of restrictions through the arts, creating a haven for young people to participate. The trusted CDYS volunteers went over and above to make this project a success, and we want to express our thanks as we could not have done it without them. Moving into 2021 we are fortunate to have received 'Community Integration funding' which will have a positive impact on young people locally as we move closer to some bit of normality. Online youth work has been challenging but the focus is on remaining optimistic that we will be back to face-to-face in the near future.

GYDP MALLOW

Mallow GYDP had an eventful 2020 despite Covid-19 and the restrictions it placed on us as a project and an Organisation. The project welcomed back Emma Sheedy who had been covering the Coordinator role in the mobile project. The project quickly adapted to working within guidelines/policies. When restrictions eased and allowed us to work outdoors, we organised a day trip to Ballyhass Lakes which every young person thoroughly enjoyed. It was wonderful to see Young People try activities that they swore at the start of the day they would not do. We also went to Cork Go karting and bowling. Here we discovered that girls turn into demons when they get behind the wheel!! Mighty fun though!!



As with all youth workers, the onus was on us to adapt and diversify. We needed to become inventive so as to continue meaningful engagements with our young people. Although, before this we had never known what zoom was, we embraced this medium and soon we were doing zoom bingos, quizzes, and driver theory test practice. Zoom bingo was a great opportunity not just to engage with the young people but to involve their families and we had some great laughs. It turned out to be a great opportunity to continue developing relationships throughout the pandemic. Being outdoors and going on walks/mountain walking was a big part of 2020.

We also developed a relationship with Acts of Kindness Mallow through which we received an incredible amount of donations of food, clothing and Christmas presents which we distributed not only to the families we work with but we were also able to support families through linking with youth workers on the Mobile GYDP, Creative Community Alternative and Prevention, Partnership and Family Support. We are grateful to Dan, Stephanie, Joan-Marie for linking in with us and making this possible.

The project had four young people involved in the Gaisce Presidents Award. It was a fantastic project to run despite Covid restrictions as it could be done remotely or if outdoors with social distancing in place. All four young people for their community element did Tidy Towns in conjunction with Mallow Tidy Towns. We litter picked in Mallow Town Park one morning a week. For the physical recreation element, the young people decided to walk/run. This was recorded on an app and forwarded to Emma for recording. For the personal skill element, the young people chose arts/crafts, metal work, learning French and knitting.

As we came to the end of 2020 feedback from Young People was that they felt supported throughout. They really found the one to one service/engagement they received was supportive. This gave us the feeling of security as we moved into an uncertain 2021 that what we were had done in 2020 despite the challenges was meaningful.

Personally, I would like to thank Aoife O' Keffe who worked with this project while Emma was with mobile GYDP for her commitment to the service in very challenging times. I also want to acknowledge the dedication to provision of services that my colleague Emma Sheedy brings to the project.



John - 086 6096875

Emma - 087 9274770

MOBILE GYDP CHARLEVILLE, MITCHELTSTOWN, MIDLETON & FERMOY

The Mobile Garda Youth Diversion project brought a group of young people to LeisurePlex for the February mid-term break where the young people played bowling and lazer-tag. It was a great day out and was thoroughly enjoyed by all.

In March, due to the onset of the Covid 19 pandemic all youth work was transferred online. The one-to-one sessions and groups were conducted through online forums where the youth justice workers supported the young people through the restrictions. The youth workers supported the young people in various different ways, including, mental health and mindfulness workshops, continued practicing for their theory tests through zoom, had online check-ins and started a weekly digital bingo group.

In late May of 2020, the youth workers got back out to meeting the young people in-person through detached youth work. As the restrictions eased the youth workers joined with the Mallow GYDP to bring a group of young people to Ballyhass lakes waterpark for an adventure filled day out. The weather was perfect, and all the young people thoroughly enjoyed their day of water-based activities. The projects also joined forces again for a day out in Cork City where all involved went go karting and went to an amusement arcade for games and bowling. This was another fantastic day out in 2020.

A few positives came out of 2020 as the project helped two young people re-engage in the education system. Moreover, the project assisted three young people in securing their first part-time jobs.

The project staff would like to thank the CDYS board, the Project Committee, the Juvenile Liaison officer, and the members of An Garda Síochána for their support throughout the year.



Charleville / Mitchelstown

Dan - 086 703 1483
Sinead - 086 7031482

Midleton / Fermoy

Garry - 086 7031484
Brian - 086 7031485



GYDP COBH FEABHAS



The CDYS Feabhas GYDP based in Cobh is in operation for approx. 12 years, works with young people in Cobh aged 12-18 years of age who are deemed to be at risk in numerous areas of their lives, as evidenced through assessment. The project, affectionately known as “the parish,” works closely with young people, their parents and families, the local schools and other youth organisations in the wider community all the year round to provide a comprehensive and effective service to meet the specific needs of the referred young people. We aim to strengthen young people’s growth, social skills and personal development in everything we do while at the same time having fun!

Some of the interventions and programmes we carry out during the year include but are not limited to: homework groups and other school completion interventions, sexual health education workshops, drugs programmes, targeted behavioural programmes, peer education, role modelling, group work, one to one interventions, motivational interviewing, Mind Out, A Life of Choices and mentoring.

During the summer months, Feabhas GYDP also takes the young people on day trips which incorporate activities such as: sailing, fishing, camping, outdoor adventure activities, ice-skating, Airtastic, Trabolgan, go-karting, paintball, soccer and other adventure sports. Feabhas GYDP also supports and facilitates a positive relationship between participants and the Gardaí and have organised soccer matches between our young attendees and the local Gardai which have been hotly contested and strongly attended by the local Cobh community.

To learn more about Feabhas GYDP, check out our video-‘A Day in the Life of the Parish,’ in which the young people describe in their own words why they attend and what it does for them. It can be found on our Facebook page – FeabhasGYDPCobh.

Project Coordinator

Jimmy Dunlea – jimmy@cdys.ie
(086) 417 9332

Youth Justice Worker

Niamh Ryan – niamh@cdys.ie
(087) 926 6977



YOUTH MINISTRY

Never for one second did I think that we would have gone through the turbulence of the Covid 19 Pandemic from March 2020 right up until today.

Mallow Parish Youth Ministry had to adapt like everyone else to using Zoom, Microsoft Teams, WhatsApp, texts, and phone calls to connect with young people and parents. Creativity was put to the test and it was great to see the young people engage in the various challenges set. Most of my ministry was Pastoral Support to families over the phone.



ACTivate Club

The ACTivate Club is a youth club for young people on the autism spectrum including their parents and siblings. The focus of the club is to have fun in a safe and supervised environment using a person centred, child led approach. Despite lockdown, the ACTivate Club were extremely busy and achieved so much throughout the year.

Some of the young people and their families in the club supported the World Down Syndrome Day on 21st March 2020 where they had to wear off socks. Marly created his own sensory room space at home and we were able to join him on Zoom to have a virtual tour.

Cian was very creative making a variety of inventions – a vending machine and a cookie box.

Sarah was busy with art, she painted a lovely mural on her bedroom wall and redesigned her phone cover.

Some of the parents of the club met weekly on a Friday night over Zoom as a support for one another.

The club were delighted to be able to meet outside once it was safe to do so. During this time, we were able to play outside and have sports evenings. Serious chess games were played and a few even learned a lesson or two. The club were delighted to get back to their Dungeon & Dragons. The parents of the club even took part in the outside games.

Celebrations – the club love to celebrate birthdays. This year Aoife celebrated her 21st during the lockdown in January 2021 and we have the celebrations on hold until we can meet in person. We did however send Aoife a video clip with members of the club wishing her a very Happy Birthday. When we were back in the club from Sept – Dec '20 we did manage to celebrate Cian's, Brendan's and Dylan's birthday which was lovely. Kate also celebrated her second lockdown birthday, but she sent in a picture of her fabulous cake.

During the Summer, the ACTivate Club went to Ballyhass lakes for an adventure day. The young people took part in two activities in which they had a choice – kayaking, ziplining, swimming area and then the Aqua Park. We were very fortunate with the weather and it was a lovely team building day. The young people were exhausted by the time it was home time.

Halloween was a very spooky evening in the club. Young people and their parents came in full costume to the club, and it was very difficult to identify who was who.

December was a hectic month for the ACTivate Club. We were busy in the kitchen, in the arts & crafts room and the music corner. This year we purchased some musical instruments – which was a winner with the young people. The drums were a major success. Despite Covid, Santa managed to make a brief appearance bringing the young people some chocolate. Some of the young people entered the Youth Work Ireland Nollaig Competition. This year Marly was award the 'Highly Recommended' Award for his picture.



YOUTH MINISTRY

Pope John Paul II Award

Prior to lockdown in Covid 19, the Pope John Paul II Awards were in full swing in the various schools around the Diocese – St. Mary's Secondary School Mallow, The Patrician Academy Mallow, Scoil Mhuire Gan Smal Blarney, St Aloysius College Carrigtwohill, Presentation Secondary School Mitchelstown, Killavullen Parish, Colaiste Mhuire Buttevant, Colaiste Ghobnatan Ballyvourney, CBS Charleville, St Mary's Secondary School Charleville & a group with Sr Martina in Charleville. The young people immersed themselves in a variety of work both in their local parish and community. The award however could not happen like other years and in May 2021 the students will receive their Award in their schools. Elsa from St Mary's Secondary School Mallow received her award in Oct 20 as she was returning to India.



Diocese of Cloyne Youth Ministry – Cornerstone Lenten Retreat online

Lent 2021 saw the Cornerstone Retreat team launch their online Lenten retreat for young people to explore faith. It was for Young People aged 15-35 years old which ran every Thursday during Lent.

Each meeting was an informal hour long gathering via Zoom; which was made up of Taizé songs, prayer, chats in small groups and guest speakers.

Topics that were explored were – What is it to have faith?
Who is God? Does my life have meaning?

The Cornerstone retreat team were very fortunate to have Deacon John Nestor lead a Lenten Prayer Service on the Sunday before Easter which was opened up to people within the Diocese. On the final night, the young people had Expedition of the Blessed Sacrament and meditation lead by Fr John & Fr Joe from the Macroom Parish. Bishop Crean also joined the young people on zoom on the final night.

We continue to invite the young people of Cloyne Diocese and beyond to share with us on their faith journey.

If you would like to get involved please contact:

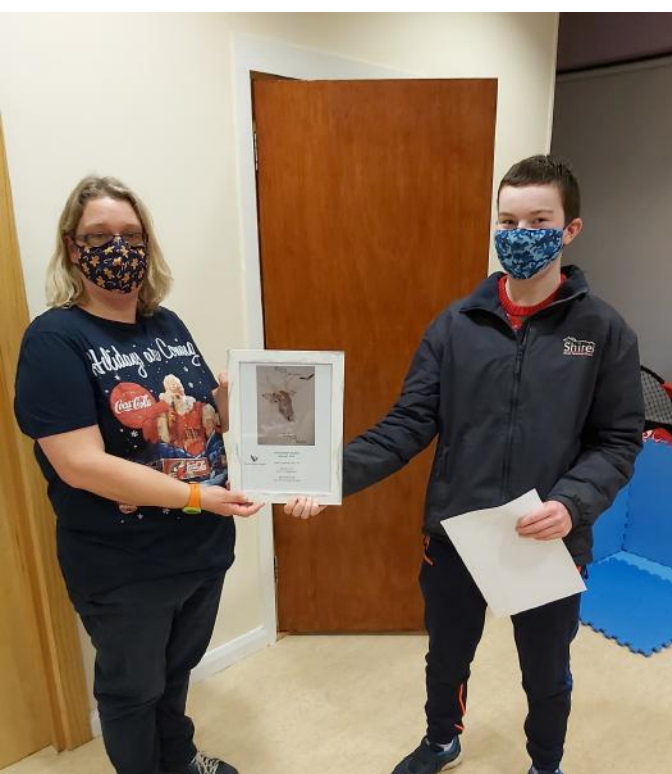
Bernadette, Youth Ministry on 086 8031126,

Rita 087-4687866,

Deacon Brian 086-8349540

Email: cdys.youthministry@gmail.com or

Instagram: @cloynedioceseyme



Marly entered a Youth Work Ireland Nollaig competition and was awarded 'Highly Recommended'

HIRE A ROOM / HALL SPACE MALLOW & MITCHELSTOWN

CDYS Mallow Community Youth Centre located a short walk from Mallow town centre boasts one of the largest indoor venues in the North Cork Area. Our main hall and stage area (which is available to rent at an hourly rate) has a capacity of over 700 people and is fully equipped with up-to-date lighting and sound systems. Over the years it has hosted a number of large scale events such as General Election counts, drama productions and award ceremonies. Our conference/dance room which has a capacity of 100 people can be set up for the specifications & requirements of the user is also available to rent along with a recording studio, one to one meeting room and Youth Café. The host venue for both Mallow Basketball Club and Mallow Gymnastics Club, the Youth Centre's excellent facilities and communications links also make us home to numerous other activity groups and clubs as badminton, Zumba classes, art classes, children's aerobic dance, karate and indoor soccer. If you are interested in renting space please contact our Centre Administrator Brian on 083 1669535 or 022 53526.



The Big Blue Cube is located in Gouldshill, Mallow and is an invaluable asset to the local community. This modern, bright building has a variety of different rooms and spaces for rent. We currently have a number of weekly activities such as Mother & Toddler Group, Dance and Zumba for Kids, Taekwon-Do, Drama, Coder Dojo and Play Therapy to name but a few! If you would like further information on the activities available in the Big Blue Cube or you would like to rent space please contact our Centre Administrator Marie O'Brien, 086 6001741 or 022 21812.



We also have options in Mitchelstown if you need to rent space. Contact Christy on 086 8031227.

YOUTH CLUBS

Youth Clubs are a wonderful opportunity for young people to socialise and meet new friends. At present we have several Youth Clubs affiliated with CDYS. Although during 2020 Youth Clubs didn't have the opportunity to open for long, hopefully this will change in time to come!

If you would like to find out about setting up a Youth Club within your local community please contact Marie on 086 6001741.



VOLUNTEERING

2020 was a wonderful year for two of our Volunteers in Mallow

Miriam O'Connor was awarded North Cork Volunteer of the year award. Miriam has been a volunteer with the ACTivate club in Mallow for the past 10 year's. The ACTivate club is for Young people on the Autism spectrum.

Alfie Kilberd was awarded Under 18 Youth Volunteer of the year Award. Alfie has been a Volunteer with CDYS for the past 5 years and is now a Junior Leader.



CONGRATULATIONS

If you would like to find out about becoming a volunteer within CDYS please visit <https://cdys.ie/volunteering-2/>

CDYS FUNDERS



Youth Work Ireland



government supporting communities



An Ghníomhaireacht um
Leanaí agus an Teaghlach
Child and Family Agency



cetb

Bord Oideachais agus
Oiliúna Chorcaí
Cork Education and
Training Board



ROMAN CATHOLIC
DIOCESE OF CLOYNE



The
Parish of
Mallow



ciste na
gcuntas díomhaoin
the dormant
accounts fund



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



Cork
County Council
Comhairle Contae Chorcaí



EUROPEAN UNION

Investing in your Future

European Social Fund

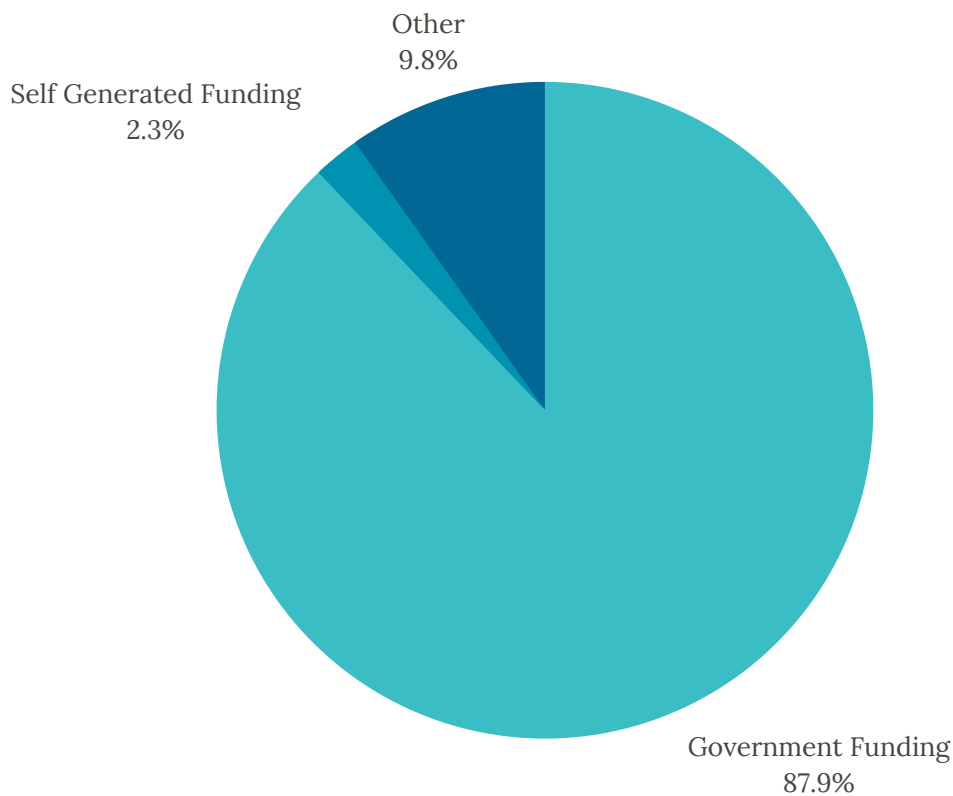


Irish Youth Justice Service

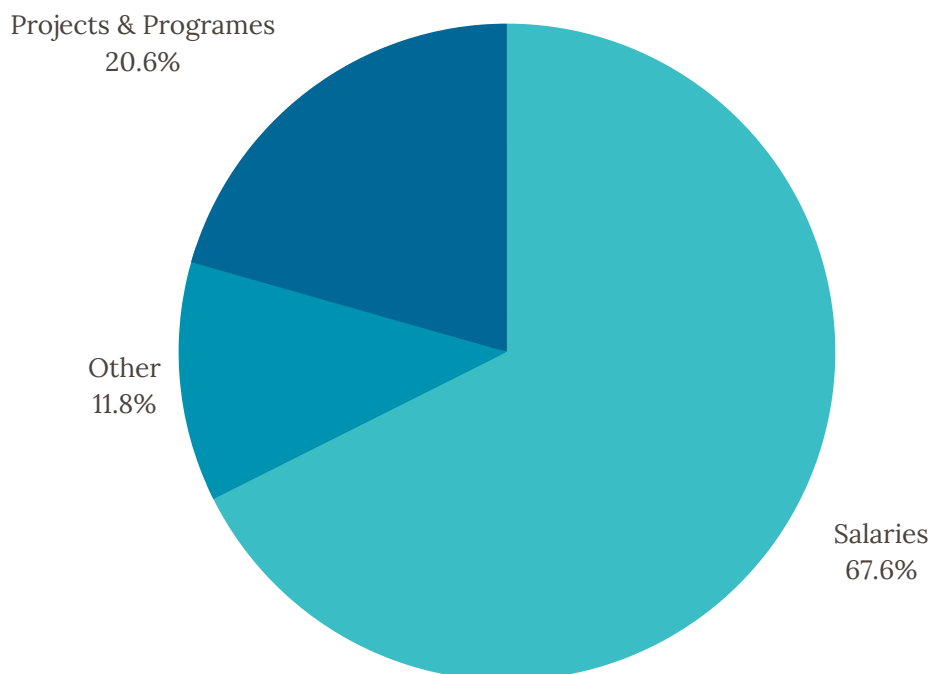
Seirbhís na hÉireann um Cheartas i leith an Aosa Óig

CDYS ORGANISATIONAL INCOME & EXPENDITURE 2020

Income 2020 - €2,289,384.00



Expenditure 2020 - €2,203,983.00





CDYS 2020/2021



CD YS

WORKING WITH YOUNG
PEOPLE, FAMILIES &
COMMUNITIES