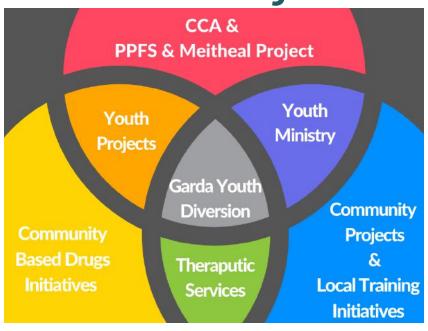


CDYS Projects





CDYS BOARD MEMBERS

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

CDYS Regional Office

Mallow Youth &
Community Centre,
New Road, Mallow
022 53526
Charity No. 16840

CDYS Locations Mallow - Mitchelstown Macroom - Fermoy Midleton - Cobh Charleville

WHAT WE DO

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.

Contents



Foreword from Brian Williams, Regional Director	4
William Crean, Bishop of Cloyne	5
Mr Richard Dempsey, Chairperson	6
CDYS Contact Telephone List	7
Community Based Drugs Initiative	8
Creative Community Alternatives	9
PPFS & Meitheal Project	10
Outreach Counselling, Psychotherapy, Play & Art Therapy	11
Youth Ministry	12
Special Projects for Youth (SPY)	15
European Youth Work, Erasmus	19
Community Development & Arts Programme	20
East Cork Music Project LTI	21
The Good Lives Project LTI	22
North Cork Sports & Recreation LTI	23
•	23
CDYS Garda Youth Diversion Project	
Detatched Youth Work	27
Carrigtwohill Youth Club	27
Youth Clubs	28
Volunteering with CDYS	28
Hire a Room/Space in Mallow & Mitchelstown	29
Fundare	30

CDYS Income & Expenditure 2019

31

Foreword from the Regional Director



One of the most defining characteristics of CDYS is our sense of togetherness. That sense that we are connected to each other through something more than circumstances or geography is obvious in all our work and centres. That connectedness enables us to recognise in each other a deep care and compassion for what we do and the people we meet, work with and support. We share a deep understanding that what we do is important and necessary but most of all it is a privilege to do the work we do and to be trusted by so many with their stories, hopes and dreams.

That connectedness and care was understood in a particular way by Simon Martin. Simon passed away suddenly last October and was involved with CDYS as a volunteer for 15 years. For the last 3 years Simon was proud to be the chair of the Board of Directors. Simon valued the togetherness we share in CDYS. He shared the gratitude we feel for the work we do and loved the time he spent with us. He has left a lasting imprint on CDYS and for that we are grateful. We remember his family and friends in our prayers and extend our own sense of loss as a measure of how important Simon was to us all in CDYS.

I would like to thank all the staff and volunteers who so generously dedicate themselves to the work of CDYS. They continue to go beyond what is expected of them, they continue to celebrate and exhibit what is best about us. Without them the lives of so many young people and families would be more difficult and challenging. We are rightly proud of each other and what we are a part of her in CYDS.

I would also like to thank our Board of Directors who again has worked diligently behind the scenes to ensure CDYS meets the standards required of us in terms of governance, financial accountability and direction. Thank you all for your availability and commitment to CYDS. I would also like to thank Bishop Crean for his constant support and encouragement for the vital work that is CDYS.

I would also like to thank our many funders, without their faith in CDYS and the quality and excellence of the work we would be very limited in our ability to affect so much positive change in the lives of so many.

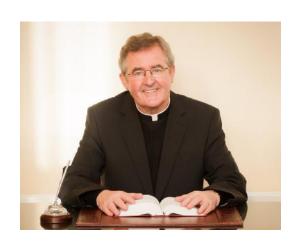
Each year it seems we come through challenging and unprecedented times. Each year we write a new chapter outlining the impact an organisation like CDYS can have on so many people and communities. Each year we reaffirm that our togetherness, care for others, compassion for people's situations and an unshakable commitment to our mission – creates a place of hope, acceptance, second chances, first chances, a place for us all to find due north.

Each year we commit ourselves to the work of CDYS, a work that leads to a better future for so many among us.

Thank You.

Brian Williams

Foreword from Bishop William Crean



A Chairde,

Life is full of shocks and surprises!
Right now, No one young or old is
untouched by the shock of the impact
that a virus which emerged from the
other side of the world is now a
pandemic. It has changed life for
everyone. Yet life has to go on.

As young people it changes how we think about and plan for the future. There is a lot of uncertainty and even confusion.

This is the reason C.D.Y.S is there. Its role and mission is to reach out to serve and work with young people and families as they sail through the choppy waters of change and turmoil.

The work of CDYS to families and young people took on much more significance in 2020 as they adapted to respond to the anxieties, needs and fears of so many and offered assurance, solutions, support and a much needed presence in their lives.

I and the Diocese of Cloyne, are deeply indebted to all in C.D.Y.S for their dedication to this vital work with young people and their families in these testing times. Its care and compassion is inspired by the example of the Good Shepherd whose constant vigilance was to ensure that no one would be lost or go astray (Lk. 10:1-5).

I pray God's continued blessing on all at C.D.Y.S. May you continue to be ministers of mercy to all who seek your help.

Bishop William Crean, Bishop of Cloyne



Foreword from The Chairperson

2019 was a sad year for CDYS as our Chairperson and friend Mr. Simon Martin passed away on 7th October 2019. For the last number of years Simon was our Chairperson and provided dedicated leadership and guidance to us all. Simon was very proud of the work that CDYS carried out and what the organisation had achieved. May he Rest in Peace.

Richard Dempsey took over as CDYS Chairperson after the sad passing of Mr. Simon Martin. Richard has a long history of involvement with community projects within Mallow and has also served as Mayor of Mallow. We would like to welcome Richard to CDYS and look forward to working with you over the coming years.



CDYS went through a lot of changes in 2019 but never did we realise that 2020 would throw us a curve ball in the form of a Pandemic. Our Young people are living in a very different world today but I would like to say that I am amazed at how well they have adapted during this challenging time. Myself and the Board of Directors would especially like to thank our dedicated Volunteers, Youth Workers, Project Leaders, Garda Youth Diversion Workers, Community Drugs Workers, Youth Ministry, Counsellors and Family support workers who have had to adapt to support young people and their families. As always our staff have surpassed themselves and continue to do so on a daily basis.

Our involvement with external agencies and funders ensure we are able to maintain and grow our services. I would like to thank all of our funders, a full list of these agencies can be found within this report.

I would like to thank our committed Board of Directors for there continued diligent work and commitment to ensure financial security, good governance and planning and forward thinking for the security and success of CDYS.

Our plan for the year ahead will be to focus on how we can support our CDYS communities during this strange time and to introduce measures to support and nurture the people who need our expertise and experience at this time. I was particularly interested to see our Young People took part in a trip to Finland through the Erasmus programme in October 2019. It was a wonderful experience for our young people and we hope in time to come we can get involved in programmes like this again.

During the year ahead the Board of Directors will be looking at how we can improve, grow & adapt our organisation to include further services and supports for our young people, communities & their families. Our young people are at the heart of everything we do and we will continue to prioritise their needs in everything we do.

Your Sincerely Richard Dempsey, CDYS Chairperson

CDYS Contact's

Regional Office

Mallow Youth & Community Centre, New Road, Mallow, Co.Cork 022 53526 Email:-reception@cdys.ie www.cdys.ie

Youth Projects

Midleton - 086 8031291 / 086 1701912

Mallow - 086 8031206 / 087 7148268

Fermoy - 086 8031200

Mitchelstown - 086 8031227 / 086 6014036

Macroom 086 8106070

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

Youth Ministry & Evangelism

Mallow

086 8031126 or 086 8349540

Local Training Initiatives

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

Garda Youth Diversion

Mallow - 086 6096875 / 087 9274770

Cobh (Feabhas) 086 4179332 / 087 9266977

Charleville/Mitchelstown - 086 7031482 / 086 7031483

Midleton/Fermoy 086 7031484 / 086 7031485

Therapeutic 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 Drugs Based 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 ones 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

Creative Community Alternatives

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.

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 teambased planning and implementation process, within the community. CCA also aims to develop the problem-solving skills, coping skills, and self-efficacy of the 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.

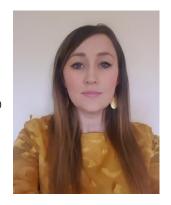
The purpose of CCA is to provide a high level prevention/ intervention model aimed at young people who are either on the edge of alternative care or currently in alternative care due to complex factors that may include neglect, parental separation, attachment issues, alcohol and/or drug misuse, mental health and economic disadvantage. 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.

If you would like further information on this project please contact Vikki on 0868065863.



CREATIVE COMMUNITY ALTERNATIVES HAS NOW BEEN OPERATING FOR TWO YEARS. WE CURRENTLY HAVE A TEAM OF 4 SUPPORT WORKERS WHO WORK INTENSIVELY 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. IN 2019 CCA HAD AT ITS MAXIMUM WORKED WITH 32** FAMILIES/CARERS AND YOUNG PEOPLE THAT WERE BEING SUPPORTED THROUGH INTENSIVE ONE TO ONES AND FAMILY SUPPORT.









Prevention Partnership & Family Support & Meitheal Project



PPFS & Meitheal are CDYS's newest project which started in March of 2020. This small project currently consists of one fulltime worker and two part time. The aim of the project is to use Meitheal approach to help children where they may need the support of more than one service and also to provide family support. 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.

Vikki & Stephanie cover the North Cork Area's & Sue cover's the Macroom Area.







If you would like further information on this project please contact Vikki on 0868065863.

Outreach Counselling

CDYS Outreach Counselling consists of one counselor working in a number of different towns offering therapeutic work in the local area at low cost . The service runs in Mitchelstown (three days per week) and Mallow (two days per week) and is also available in Kanturk and Charleville. This TUSLA and CDYS funded initiative supports young people in improving their mental health specialising in (but not limited to) anxiety, depression and trauma. It consists of one counsellor, Finbarr, and began in 2017. It offers therapeutic support to young people and family support. When someone has new ways to better understand and support one's self and has a place to process difficult life events, the challenges of life are easier to face and overcome. Taking a step out of busy daily life and talking about things with a professional Counsellor can open new opportunities.



Come to the edge.
We might fall.
Come to the edge.
It's too high!
COME TO THE
EDGE!
And they came.
And he pushed.
And they flew.

Christopher Logue

If you would like further information please contact Finbarr on 086 1841860.

Over the past year, many young people that take the courageous step to go and talk to someone about the difficulties in their life. As always, the service owes a debt of gratitude to CDYS staff who encourage and organise referrals. From day 1, it was a necessity for the service to be a flexible one and that was demonstrated again this year when counselling was offered online due to physical distancing recommendations. When mental health and particularly youth mental health is discussed in the media, frustration is regularly expressed at lack of services. To have this service established in the local area with 3 years is an example of the commitment of CDYS to the well-being of young people in the locality. CDYS Outreach Counselling is available to young people aged 12 and over and does not have a strict cut off age at 18. Play therapy and adult counselling is available in the blue cube in Mallow. Adult Counselling is available in Mitchelstown with Qualified Counsellors. Art Therapy is available in Midleton.

CDYS Therapeutic Services

We also offer the following Services:-

Youth Counselling - Midleton Contact Karen @ karenm66@live.com Play & Art Therapy - Midleton Contact Paddy on 089 2348088 Play Therapy - Mallow Contact Daragh on 087 9366207

Youth Ministry & Evangelism

Mallow Parish Youth Choir/Band

It was a busy year for Mallow Parish Youth Ministry Youth Band. Throughout the year, the band enhanced the vigil Mass in St Mary's Church. The talented musicians and singers are guided every second week at practice by Ralph De Kramer. This year it was a privilege to sing for the Cork Deaf Community Choir in St Mary's Church on 14th December 2019. WE look forward to singing again with them in the future.



ACTivate



The ACTivate Club is a youth group for autistic children and young people including parents and siblings. The focus of the club is to have fun in a safe and supervised environment using a person centered, child led approach.

Halloween Party 18th Birthday Theme



The ACTivate Club celebrated Conor's 18th Birthday during our Easter party. The young people were unrecognisable in their costumes and were able to play many tricks on the parents. The hall was transformed into a haunted space with plenty of scary decorations. No party in the ACTivate Club is complete without the special delivery of Pizza and chips.

Arts & Crafts



It was a very busy year in the arts & crafts space both for the young people and the volunteers from clay modelling to painting and creating new inventions.

Sensory Room

The ACTivate Club were delighted to be to be able to purchase more equipment for their sensory room. The equipment purchased will further encourage relaxation and calmness with the added addition of Fibre Optic lights.

The ACTive Zone

This year we were delighted to be able to create an ACTive Zone for the club which is to promote the developmental skills of the young people more notably in relation to their fine and gross motor skills, including movement and balance therefore building up their self-confidence. The space includes specially chosen equipment that promotes areas of development including jumping, hopping, skipping, balancing, exploring and spinning. The young people really love to use this space to promote their development and build up their confidence while learning to engage in social and emotional communication with their peers at the club.

Pope John Paul II Awards

The 7th Pope John Paul II Award Ceremony was held in Mallow Community Youth Centre on Thursday 10th October 2019. 87 young people from across the diocese and neighbouring diocese received the award. It was a great achievement for the young people, their families, their schools and local parishes, 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, St Mary's Secondary School Macroom, Colaiste Mhuire Buttevant, Glanmire Community College, St Angela's College Cork, St Aloysius Secondary School Cork, Kinsale Community School and Sacred Heart School Clonakilty.



The young people immersed themselves into the life of their parish and of their community over the past year. They enhanced their school and parish liturgies through word, song and music, by serving as sacristans, ministers of the Word and of the Eucharist, helping out in their local parish office, Faith Camps & Youth 2000 prayer meetings, helping in the Diocesan trip to Lourdes, taking part in their parish mission, Catholic Schools Week. Through their participation they enlivened the great liturgies of our church's year. They touched the lives of those both home and abroad by raising much needed funds. They nurtured that faith by attending both parish and school retreats. They have been faith friends to some of the younger people in our society by assisting them with the preparation for confirmation. They have given life to their faith through their involvement with organisations such as Trocaire and with the Vincent de Paul. They have served their community by caring and making friends with the elderly and those with special needs through their kindness, goodness, compassion, visitations, fundraising, mentoring and through involvement with groups such as their parish youth clubs, student councils, Mentoring in sport activities, Care Choice, water safety, the Scouts and Foróige, ACTivate Club-CDYS Mallow. A sincere thank you to their teachers who are their award leaders for all the work they do in making the award a success in their school.





Guest speaker on the night was Ms Annette Harte, Award leader with the Patrician Academy for the last 7 years. Ms Harte spoke about the importance of the award linking the school & parish together. She praised the young people for work they undertook within their parishes and how they stepped outside their comfort zone to complete the award. Bishop Crean presented each young person with their Certificates and Medals. 10 young people received their Bronze award, 6 received silver, 67 receiving Gold and 4 received the Papal Cross Award. This was a fantastic achievement for all the young people to receive their award. It was such a joyous occasion for both their families and their schools. We were delighted to have the very talented Grainne Egan from St Mary's Mallow opened the award ceremony with her own composition 'Thunder' on the keyboard while Caitlin Murray closed the award ceremony on her saxophone playing Halleluiah.

Mallow Parish Confirmation Retreats

January 2020 got off to a very busy start with Confirmation Retreats in Mallow Parish.

Scoil Ghobnatan, St. Patrick's Boys N.S & St Mary's Convent Primary School availed of the individual retreat for their classes. These retreats were offered by Mallow Parish Youth Ministry. These days are actioned packed with offering the young people the opportunity to explore the many gifts and talents that each of them has through the many different activities and games that were played. This year we were delighted to have the priest of the parish, Msg O'Brien & Fr Andrew, come and celebrate Mass during the day for the class that they are chaplain to.



St. Aloysius Summer Camp

CDYS Youth Ministry St. Aloysius - Summer Faith Camp 2019, for Boys and Girls (5-14 yrs) yet exceed expected numbers. It was an action-packed week, a summer camp with a twist! Each day the young people started off with Morning Prayer followed by a variety of activities such as drama, sports, music, arts & crafts and Good Shepherd Catechesis. We were very fortunate to have Sr Ita & Sr Marcella who gave freely of their time to give the young people the opportunity to have Adoration every day where they had quiet time to sit and talk to Jesus. The day finished with Mass where the young people participated in the singing, the readings and altar severing. We were delighted to have our local priest come and say Mass for us, Fr Sean Corkery, Mallow, Fr Greene (Carrigtwohill), Fr Tom Naughton & Fr Carvill (Mallow). They were all delighted to see the fantastic activities that the young people were getting involved in. The camp was an opportunity for the young people to develop and grow in confidence and character, and to know and experience the love of God through the activities.





Over 50 young people participated in the camp and we were delighted to have over 40 leaders and junior leaders from Mallow Parish Youth Ministry-CDYS, Jesus Youth Movement & Pope John Paul II Award participants help over the week. Sr Premila honoured us with her own composition of a song especially for the camp and the music ministry team put actions to the songs and taught the young people. It was a privilege for the St Aloysius Faith Camp that the Servant Sisters of the Home of the Mother from Mitchelstown were able to help us this year. We had Sr Mary & Sr Megan who worked with the older group for the week. An added surprise this year for everyone involved was that on the Thursday we had Drum Dance Ireland which enhanced the music ministry. Fr Andrew and Fr Tom gave it their best shot on the day. Each day the leaders and junior leaders were very well looked after with the generous donation of sandwiches from SuperValu, Centra-Main Street, Food Capers, Choices Cafe, Lucey's and Gretta's. Margaret Hennigan was very busy baking every morning to supply the team with delicious cakes in which there were a rush to get to them. St Aloysius Faith Camp would like to thank all those who helped make this camp a major success for its fifth year running. Planning is already under way for next year!!!

If you would like to get involved with Mallow Parish Youth Ministry please contact Bernadette on 086 8031126.

Special Projects for Youth (SPY)

Our SPY projects are funded by the Department of Children and Youth Affairs. Each SPY project aims to provide a holistic, targeted and participative service to the young people in its catchment area. Spy works with young people from 10 to 24 years old. The Youth Projects are based in Mallow, Midleton, Mitchelstown and Fermoy. This service works with young people in small focused groups, creative groups or on a one to one basis, covering a wide variety of topics which affect young people.

This project values young people and their continued involvement in all areas. The projects have active Youth Council that discuss and identify needs for young people within the service. The programme recognises now more than ever the need to be flexible, resourceful and creative in how it responds to young people. SPY aims to meet with young people, building up appropriate relationships with them and works with them on individual needs. The projects work's with young people from a wide variety of backgrounds, cultures and diversity providing support, education and activities for young people to grow and develop as positive young adults. Staff attended training programmes around Adverse Child Experiences, Meitheal, Social Media and Youth Identify. National Youth Council trained staff around grant applications as well as environmental programmes.

This year saw the implementation of several innovative programmes to support young people. Young people were also involved in other initiatives one of which was an Erasmus exchange Programme where 30 young people travelled to Finland. During the summer we went to Sherkin Island and Templemore Garda Training Centre. The music project took part in the Irish Youth Music Awards which is run by Youth Work Ireland. The act selected to participate at the Croke Park for this event was from Mallow. The act was well supported in Dublin with all the projects travelling. Fundraising activities organised by the young people were extremely successful and local community events where held to raise money.







CDYS SPY is a very community lead project and supported Easter, Summer, Halloween and Christmas events for young people in the community. This gave young people an opportunity to develop youth leadership skills as well as taking part in the celebrations. The annual Youth Awards took place in Mallow where young people where recognised for their contributions during the year. Two short films where shortlisted for the Cork Young Film Makers festival in Youghal and was recognised at the event. Mallow operate two centres, based in the Big Blue Cube and Mallow Community Youth Centre, to ensure that we are reaching our targeted groups. We saw a big increase this year for Individual support as young people were dealing with a wide degree of issues. Some were referred to counselling and other supports. We ran a suicide prevention programme for adults and young people towards the end of the year in response to local needs.

Midleton SPY

The overarching plan of action for 2019 was Climate awareness and the benefits of the outdoors for good mental health. Throughout the year we picked up rubbish, travelled by buses, boats and planes, and wrote a song, in our efforts to promote these ideas to young people. From Sherkin to Finland, our young people looked at their own habits, examined their choices and made changes to how they engage with the great outdoors.



Some of Our Young People got involved with a Clean up project around the community, the results of which were used to create an installation for the Midleton Arts Festival.

Our annual trip to Sherkin Island, we also did an 'Electro-fast' for the first 24hrs of the trip, where no phones/ electronic devices were allowed. Most of the young people felt that 24hrs wasn't long enough and are willing to go 48hrs next time watch this space!!





We spent a day at the local Ballyannon woods in Midleton one of the oldest in the country, where we looked at the 'Leave no Trace' theory, explored the idea of 'the environment.' We did a little grounding exercise.

We visited UCC for a lecture on Climate Awareness and the 4 Pillars of Climate Change. The Youth Council members who attended also had a tour of UCC, the Ogham stones, the Observatory and of course the Quad.





A day trip to Garnish Island to look at the effects of the Gulf Stream and the importance of it to Irelands climate, the dangers of warming seas and a shift in Ocean Currents.

THE ERASMUS + teams from Mallow, Fermoy and Midleton enjoyed a workshop on Climate Action with National Youth Council of Ireland. A group of 30 young people travelled to Finland in October 2019. This was a life changing experience for some of our young people, who are hoping to be involved in more projects of this type. In retrospect it was a busy year, many changes, lots of new ideas, new friends and new plans and hopes for the new year ahead.



Fermoy SPY

2019 has been a very busy year for CDYS Fermoy, between our regular weekly groups and all the exciting adventures, we have had: Drop-in groups, Youth Council, Music project, wellbeing, cooking projects and workshops with Sexual Health Centre, Irish Youth Music Awards and many more.









We went to UCC to learn about the four pillars of human impact on the environment: biodiversity, recycling, extinction and climate change. Fermoy took a special interest in learning about biodiversity and how that is being developed in their community and what they can do to support this! Great fun was had making seed bombs and dispersing them around the town! Mirjam Bloem is our CE worker in Fermoy and facilitated these workshops with the young people.

In August our 1st-3rd year group headed off to Cobh for the day to do some fishing with Jimmy Dunlea and Niamh Ryan. Everyone had loads of fun and learned loads about the art of fishing! They even got to bring home their tea!

In the Autumn Fermoy launched Skittles LGBTI+ Youth Café. This group was supported by the Capacity Building Grant from DCYA through Cork ETB. This was an exciting new venture in Fermoy and the first of its kind in the area and was a response to young people. Saoirse Mackin was the support youth worker for this group for ten weeks. The young people done some baking, creative writing, badge making and much more! They also went to GLOW Festival in December before the Christmas holidays. .





Five of the young people attended the One World Week 2019 for the Climate Revolution Youth Summit in December! They performed on the day in the RDS their original song Reduce, Reuse, Recycle! We ended on a high with an ice-skating trip with CDYS Mallow, Mitchelstown and Midleton and a family Christmas dinner at the centre!

CDYS Fermoy would like to thank all the young people and volunteers for all their support which makes all this amazing work possible!

Mitchelstown SPY

2019/20 was a very busy year for CDYS Mitchelstown, we welcomed on board two volunteers, Norma Carey and Sarah Casey. New groups started in 2019 included Youth Theatre, Creative Youth, Junior Leaders and Youth Ambassadors.







Two projects we are proud of in 2019 are the trip to Alton Towers and our Halloween Haunted House. On August 5th we took 13 young people to Alton Towers in England. This trip was made possible by the members doing a sponsored Night Watch where they raised money by staying awake in the centre all night and also by donations from local businesses and charities. The trip was a huge success and the young people have lots of great memories of the day. Our Haunted House was open on the 29th, 30th and 31st of October. Our Creative group and Junior Leaders spent the previous weeks getting the venue ready and our Theatre group members were the actors. Over 500 hundred people in Mitchelstown attended over the 3 days. Parents were free and we gave out over 100 free entry tickets to local kids. Other activities during the year included, a tip to Dublin for the IYMA's, the Prep Gig in Mallow, our Music group, Sexual Health program, the Apprenticeship Roadshow, Healthy Eating project, Food **Cloud Provision, 16 Student Placements,** Drop In's, One to One's, Summer BBQ's and song writing workshops with GMC Beats.

SPY Projects Contact Number's

Mallow - Miriam 086 8031206
Mallow - Sharon 087 7148268
Midleton - Ross 086 8031291
Fermoy - Rosemary 086 8031200
Mitchelstown - Christy 086 8031227

European Youth Work, Erasmus

2019 has been an exciting year for CDYS in relation to European work. Bulgaria, Greece and Finland are some of the countries that got explored this year. Here is a little snippet of what was involved throughout the year. We hope every year will be as exciting as 2019 was!

Athens, Greece

February 2019 was a busy month and kicked off the start of the European travel and learning for CDYS. Youth worker Rose travelled to Athens with five other youth workers from across Ireland to attend a training course facilitated by Youth Work Ireland. This course looked at corporate social responsibility and how youth services can link into more community funding locally. Rose ran a workshop when she got home with the SPY team around how we can look to incorporate this more into our work.

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Marttinen, Finland

The SPY team's quickly started to plan with the young people a future project. This led to the development of Young Decision Makers. A project including 30 young people from CDYS and 30 young people from Finland. The theme of the project was exploring human impacts on the environment, with a focus on biodiversity, climate change, recycling and extinction. Prior the youth exchange each area (Fermoy, Midleton and Mallow) focused on a topic and explored that in their communities. In October 2019, 30 young people with 8 staff headed off to Finland for one week. During the youth exchange they developed friendships, learned about themselves but also the Finnish culture and how that compared to being Irish. They tried saunas and swam in an ice lake! Every day there was new explorations and learning to be had. This youth exchange connected young people not only with Finnish young people, but also with the 30 Irish young people from different areas of Cork. Here are some testimonials from some of the young people who travelled to Finland.

"Travelling to Finland was a big step for me with being independent and it meant I would keep track of my own things and make new friends. Being in Finland opened new doors for me with learning the culture and also learning about myself and how I could improve on myself. So our Finland trip meant the world to me and I am so glad I got the chance to go" Seb, 14.

Plovdiv, Bulgaria

Rose travelled from Athens to Plovdiv, Bulgaria. This was an advanced planning trip which allowed Rose to go through everything with the other partners and make sure everything was planned carefully before the young people arrived in May. This project involved a lot of preparation and exploration of what culture means to young people individually but also learning about their own identity and what it means to be European. In the lead up to the youth exchange the young people prepared by helping book the flights and prepare the timetable for the youth exchange. On May 6th youth worker's Rose and Tom left Fermoy with eight young people to Dublin airport on their adventure. The young people had an extremely busy week with the other young people. They got to explore Bulgarian, Turkish, and Finnish culture through food, dance, workshops and exploring the city of Plovdiv. This was a huge experience for all of these young people that they will never forget. Here are some testimonials from the young people that travelled to Bulgaria:

"The trip to Bulgaria was a once in a lifetime opportunity for me. It got me to do things I would have never done in a million years, like go on a ski lift or make amazing new friends from countries. Not only did I get to meet so many different people and learn about their culture, but I got to learn about my own culture and what it means to be European" Heather, 17.

Community Development & Arts Programme,

Macroom

Last year was a very busy year for our Community programme with a number of groups and events including the Ladies Group and Wellness Programme, Just for Dads Programme, Youth Group meetings and events, Direct Provision social enterprise workshops, Art Workshops and Open Days, Intercultural Events for New Communities and Coffee Mornings. Our aim is to engage people who may be isolated or feel that they want to engage in community activities but have limited access. The provision of these activities has allowed people to come together, develop new relationships and create a sense of community for pretty much every age group and background. We would particularly like to thank all the volunteers and participants who have helped to make this project exciting and vibrant and create a community where every person is included, valued and appreciated.





MacArt

In early 2019 the MacArt group finished a project in collaboration with Tidy Towns which consisted of eight mural boards and a number of signs and plaques for the Town Park. Some of these were erected on a derelict cottage across from the Fairy Garden as part of a regeneration of local buildings. Later in the year the group linked in with the Good Lives Project LTI to take on their biggest project to date. This project was to create a forty foot wall mural around the outside Care **Choice Nursing Home in collaboration with the** management of Care choice. Starting early in the year it was worked on through the summer months with the help of volunteers from CDYS and was finally finished towards the end of the year. The residents of Care Choice were delighted with the results and looked forward to observing each section of the mural as it was created.

Youth Project

Over the course of the last year we set up a number of events for young people including basketball, soccer, rounders and a youth club that runs Wednesday evenings. The main aim of these events is to promote participation, inclusion and create an environment where young people can express themselves through recreational activities. Having promoted these events in schools and direct provision centres they have bought together young people from all backgrounds and nationalities. They have proven to be very popular and have played a key role in supporting the integration of young people from new communities.



East Cork Music Project LTI, Midleton

East Cork Music Project was established in 2011 as a response to the need for a music & arts education center in the region of East Cork for young people aged 16 - 25.











CDYS - East Cork Music Project is committed to promoting, supporting and encouraging music and other art forms by providing innovation, quality training and development, using the medium of music and arts to engage young people aged 16 to 25 who have not benefited from the traditional education system and to support them in realising their true potential. The underpinning system lends from a Critical Social Education Model of youth work along with elements of community education. The project is now well renowned amongst young people in the area as a place of learning and fun where they fell safe and can be themselves without judgment. From a management perspective the team have developed a strong but flexible system that works well with the groups we are working with. 70% of past students have progressed on to further education or employment. Other past students still drop-in to get information or support.

There are currently 16 participants on board.

If you would like further information on this project please contact Nicole on 086 1409513

The Good Lives Project, Macroom

The Good Lives Project Macroom is nearing the end of its 6th year and continues to evolve year by year. Its early years delivered modules leading to a full QQI level 4 Award in Employment skills, then in response to our evaluation, moved to a full Award in QQI Sport and Recreation, and this year we progressed to QQI level 5 in Community Activation/General Studies.

During the year we took part in Community activities such as 'Life Long Learning Festival', in which we opened our doors to the community, rolling out creative workshops. We went bowling, walking, climbing, and kayaking to name a few. The most beneficial and memorable was signing up to a four day 'Sailing Into Wellness' programme, focusing on using a natural and healthy approach to improve mental health and well-being. This educational and therapeutic sailing program can also help people in recovery from poor mental health and addiction. We are all equal at sea, together we face the same challenges, the combination of this and treating people with respect as equals provides a powerful environment for change. It focuses on living which is both exhilarating and therapeutic. For our learners the benefits go far beyond those of learning the new skill of sailing, but builds life skills which are lost in poor mental health, such as communication, self-confidence, resilience, self-esteem and being part of a team.

After commencing a large mural in 'Care Choice' Nursing home in Macroom last year, we finally completed it with the assistance of 'MacArt', an Arts Group formed by past learners and volunteers. Catherine Buttimer, Director of nursing Macroom, spoke of the residents waiting to see what was happening on a day to day basis and how much it enlightened their lives which had a very positive effect on their well-being and mental health. It is a fantastic addition to their garden and can be seen from many of the resident's bedrooms making a huge impact on the lives of the elderly. We also built large timber raised beds for residents to plant herbs and vegetables, an Acer tree and two more flower beds in an internal courtyard. Completing the garden by setting bird and butterfly wildflower seeds alongside the mural.







This year the Horticulture module, Fruit and Vegetable Production, is continuing to provide the centre with a range of produce such as a succession of salad rocket, onions, broad beans and garlic for the centre's kitchen. Other modules included Teamwork which equips participants with the skills to effectively participate in teams, learning about group dynamics, group theory and managing conflict. Nutrition, as the importance of the link between food and human health is becoming increasingly evident and so learners will be educated to a high level in the science of food as it pertains to human nutrition and health. Community Development encourages learners to be active participants in their own Community. They have formed and worked within groups for different modules and also experienced groups outside the LTI such as coffee mornings run by Community Resource Development and Support Worker and MacArt. We also adopted flower beds with Tidy Towns in which we weed and maintain flower beds throughout the year. The overall desired outcome of Community Development learning would be for the learners to continue their involvement in the Community and not feel isolated or marginalised. Personal Development, begins with self-awareness, helping the learners to achieve their full potential by making positive changes.

If you would like further information on this Project please contact Karen on 083 1699095.

North Cork Sports & Recreation LTI, Mallow

We've had a challenging but rewarding year at the North Cork Sports and Recreation LTI. The project 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.

Our learners for 2018 /19 graduated with a project high number of major awards. Several students have progressed into further education in sports and recreation related courses, while others have found employment throughout the wider Mallow area. We had a memorable end to the year with day trips to Mitchelstown Cave, Cahir Castle, Fota Wildlife Park as well as a football challenge match against Youth Reach Mallow.





One of the major challenges this year was the complete revamping of our Education and Training Board modules. This was time consuming work mainly due to the drafting process, as a result it pushed out our usual start date. However, the work has now been completed, and to a high standard that is a credit to the staff on the project.

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 and employment 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 for 38 weeks of the 44 week course in addition to this students get the opportunity to participate in the following sports: Soccer, tag rugby, dodge ball, basketball, speedball, Olympic handball, ultimate frisbee, flag tag, and badminton archery, boxercise and a whole host of other sports.

Students also attended a variety of workshops such as: Yoga, mindfulness, sexual health, first aid, as well as money advice & budgeting.



"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 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." Susie Rooney (Assistant Project Coordinator)

If you would like further information on this Project please Contact

Ger on 086 4693360.

CDYS Garda Youth Diversion Project's

The Cloyne Diocesan Youth Services, Garda Youth Diversion Projects is run in coordination with An Garda Siochána and the Irish Youth Justice Service.

The Project's are is part supported by the Irish Government and the European Social Fund as part of the ESF Program for Employability, Inclusion and Learning 2014 – 2020.

WHAT DO WE DO?

We work with young people aged 12-18. Participation in the program are on a referral basis from An Gardai Siochana. The project encourages participation in individual and group work, provides information on, and facilitates activities that engage and support young people's growth and development. The GDYP Project runs a variety of activities and takes into account the young person's interests and strengths. Activities include sports, art, homework assistance, peer education and mentoring and day trips, for example fishing, hiking, soccer tournaments, surfing, and camping.





Mobile GYDP Charleville / Mitchelstown Area

One of our more successful programmes we have run in 2019 is the work to learn programme through the CDYS Mallow GYDP, where two young people from the project work 4 hours a week in the local community for 6 months. Through this they gain valuable experience and learn many work-based practical skills. The WTL programme encourages participants personal, community and social responsibilities.

Programmes were run with young people such as sexual health programmes and drug and alcohol awareness programmes. Driver theory tests were practised with the young people. There are currently two young people completing their driving lessons. The project went on some trips throughout the year – a day trip to Funderland and a two-night stay in Sherkin Island were enjoyed by all the young people involved.

2019 was an exciting year for the GYDP as staff member Norma welcomed a new arrival to the team. Baby Fiadh was born on Christmas Day and was the last "new referral" for 2019. All from the CDYS GYDP would like to congratulate Norma and wish her all the best with the new arrival.

CDYS Garda Youth Diversion Project's cont'd

Mobile GYDP Midleton / Fermoy Area

The past year 2019-20 was a particularly busy one for all involved. The number of young people being referred to the project has exceeded predictions which is testament to the requirement for a mobile service in rural areas of the Cloyne diocese. One of the highlights this year mirrored the great work of the project as a team from University College Cork conducted a review of the work of the project. The findings of this report were most complimentary of the work of the mobile diversion project. In addition we received very positive feed back from our participation in the Youth Forum which was held in Pairc Ui Chaoimh earlier in 2020.



Mallow GYDP

In 2019 Mallow GYDP welcomed John Dunlea & Emma Sheedy to the Project. John and Emma would especially like to thank the support they received from Garda John Hurley, Brian Williams and the members of the project committee. In July John and Emma took several Young People to Sherkin Island in conjunction with the Mallow and Fermoy SPY projects and the North Cork Mobile Project. This was a fabulous opportunity for young people to expand their positive social circle and have fun. In partnership with Norma Kearney, co-ordinator of the Mobile Project we involved four young people in the Work To Learn Programme. This involved preparing the participants to find employment in the community. Over a three-month period, participants were paid to work one day a week. There was no cost to the employer as the wages were paid by a philanthropic society. Feedback from both young people and employers was that the endeavour was a success. Employers were very pleased with the work ethic and commitment of the young people and the participants were pleased with learning new skills, creating new opportunities and the money earned was a bonus!! We received a grant from the Arts Council at the end of 2019 to produce a short film with our young people. Ger Browne from the LTI project is currently working on this with us. We work through art with a number of our girls, their group is called the 'Fabulous Artistic Ladies'. There was also the option for young people to complete the Driver Theory Test and to progress and take driving lessons. At the time of writing a number are waiting to take driving tests.

Feabhas GYDP Cobh

Feabhas GYDP, in operation for over 10 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

CDYS Garda Youth Diversion Project's Cont'd

One of the main programmes we have been running over the last few years is the Work to Learn Programme, where young people work 4 hours a week in the local community for 6 months. Through this they gain valuable experience and learn many work-based practical skills. The WTL programme also encourages participants personal, community and social responsibility.

Other 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 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.



CDYS Garda Youth Diversion Project Contact Details

Mallow – John 086 6096875 / Emma 087 9274770
Charleville / Mitchelstown – Norma 086 7031482 / Dan 086 7031483
Fermoy / Midleton – Garry 086 7031484
Cobh (Feabhas) – Jimmy 086 417 9332 / Niamh 087 926 6977







Detached Youth Work

Carrigtwohill & Macroom



DETATCHED YOUTH WORKERS
ENGAGE WITH YOUNG PEOPLE IN THE
AREA'S THEY HAVE CHOSEN TO BE.
WE MEET WITH YOUNG PEOPLE ON
THE STREETS & THROUGH
CONVERSATION WE BUILD
RELATIONSHIPS

The Detached Youth Workers role is to engage disenfranchised young people who need economic security and opportunities so they can fulfil their full potential. We meet with young people on the streets, in their own space with our committed volunteers. Through conversation and dialogue we have built relationships with young people aged 14 to 25, identifying specific needs, offering help and support for them to engage with services and clubs around the town.

The detached work has created an essential link between the young person and services and has been very productive. Since it began in 2018 we have been able to refer many young people onto drug workers, clubs, youth events and educational services in the locality. We also work with parents and guardians as we find that regular contact with them is a key factor to forming links with young people that have otherwise been difficult to engage.

The funding for this initiative is due to finish in Sept 2020.

Carrigtwohill Youth Cafe

CDYS is working in partnership with the local community, Youth Work Ireland, St Vincent de Paul and the local Parish to support this initiative. The Café opened its doors to the young people of Carrigtwohill on Friday. The youth cafe is open for Drop-ins on Wednesday for junior groups and Friday evenings for senior groups. Over the past year we have done some focused group work with young people such as photography workshops that resulted in us creating a calendar for 2020 with the images taken by the young people. We have also been working on a historical documentary about attack on the Royal Irish Constabulary Barracks in Carrigtwohill which took place in 1920 and is considered to be the start of the military campaign in Irish War of Independence.



We have also run arts and crafts groups with a seasonal focus on Halloween, Christmas and St Patrick's Day. We have also been busy with outreach work in the local schools with staff delivering programmes to young people in a targeted way with the assistance of teachers and principals.

Funding for this initiative will take us to July 2020. CDYS will endeavour to seek additional funding to keep this service open.

Youth Clubs

Youth Clubs are a wonderful opportunity for young people to socialise and to meet new friends. At present we have several Youth Clubs affiliated with CDYS. As well as all the fun and social opportunities they provide young people the chance to try new activities and to gain new knowledge. The Clubs continue to be a place of support and understanding for many young people. The club leaders are invaluable in their work with the young people helping them learn and socialise. As well as meeting at the clubs they often take outings to different activities such as bowling, plays or movies.



Volunteering with CDYS



Our dedicated Volunteers are an integral part of CDYS. Without them we would not be able to run our projects successfully. We support our Volunteers by offering regular training and support to help them enhance their skills. We would like to thank you all for your continued commitment and dedication.



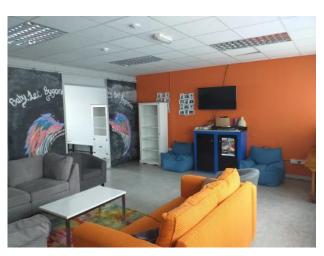
Why not join CDYS as a Volunteer! We need Volunteers in Mallow, Macroom, Midleton, Fermoy, Mitchelstown & Cobh

IF YOU WOULD LIKE TO FIND OUT MORE PLEASE CONTACT US ON 022 53526 OR VISIT WWW.CDYS.IE

Hire a Room/Hall Space in 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 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 and can be set up for the specifications 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.







We also have options in Mitchelstown if you need to rent space.

Contact Christy on 086 8031227.

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 Administator Marie O'Brien, 086 6001741 or 022 21812.



CDYS Funders



EUROPEAN UNION

Investing in your Future

European Social Fund





















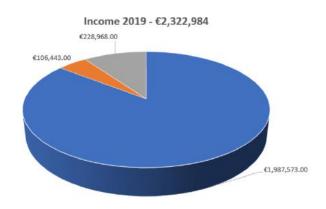




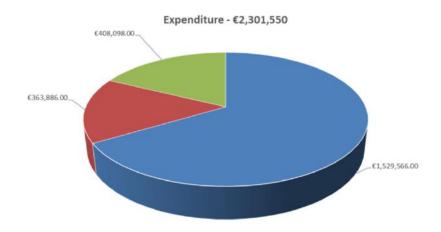


The Parish of Mallow

CDYS Organisational Income & Expenditure 2019



- Government Funding
- Self Generated Funding
- Other



- Salaries
- Projects & Programmes
- Other



Working with Young People, Families & Communities