

CLOYNE DIOCESAN YOUTH SERVICES

Working with Young people, Families & Communities

ANNUAL REPORT 2021/22

ABOUT CLOYNE DIOCESAN YOUTH SERVICES

CDYS is a not for profit organisation which has been working with young people, their families and communities since 1962. We offer a range of supports and services to people within our communities. CDYS offer these services regardless of social, economic or religious background. We have a voluntary led Board of Directors and our professionally qualified staff are committed to offering quality support & services for all.

CDYS BOARD MEMBERS

Chairperson - Richard Dempsey

Treasurer - Sean Ryan

Secretary - Karen O'Rielly

Tim O'Callahan

Liam Ruane

Tara Galil

Barry Linehan

CDYS Projects

Youth Diversion Projects

Youth Projects

LTI's & Community Projects

CCA & PPFS & Meithal Project

Therapeutic Services

Outreach Services

LGBTQ+ Youth Worker



CDYS Regional Office

Mallow Youth &
Community Centre, New
Road, Mallow.

022 53526

reception@cdys.ie

Registered Charity No.
CHY16840

CDYS Locations

Mallow / Mitchelstown / Macroom /

Midleton / Cobh / Fermoy / Charleville

/ Gurrnabraher / North Cork





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Foreword from the Regional Director

A year can be a long time and 2021 proved to be just that. Despite the variances of Covid 19 and the restrictions and limitations that presented, CDYS remained at the forefront of responding to the needs of young people, families, and communities.

The staff, volunteers, and services right across CDYS continued to show unbelievable resilience, flexibility and care for the young people, families, and communities that we work with. In due course we will be able to reflect on the importance of this support, presence, and care at a time of so much anxiety, fear, and restrictions to our lives.



Despite the impact of Covid 19 over the last number of years CDYS has continued to innovate, continued to advocate and continued to develop services, projects and responses to support young people across our communities.

2021 also saw CDYS take over the management of the Youth Work Ireland services in Cork City ensuring the continued presence and availability of those services and supports to young people and families.

I would like to sincerely thank all the staff of CDYS who, as ever, continue to show a dedication to our work that is unparalleled. We are proud of who we are, or what we do and the difference we make to the lives of so many.

I would also like to thank the many volunteers that volunteer with us across all our services. We appreciate the generosity you bring and the ongoing impact you have on us as colleagues and on the young people that your support.

I would like to thank the Board of CDYS, their work is so vital but often goes unnoticed. Without their diligence, oversight, and leadership CDYS wouldn't be the professional organisation it is today.

In addition, I would like to thank all our funders and partners who continue to show great belief in the partnership they have with CDYS and in acknowledging the work we do and the immense impact it has on so many vulnerable young people and families.

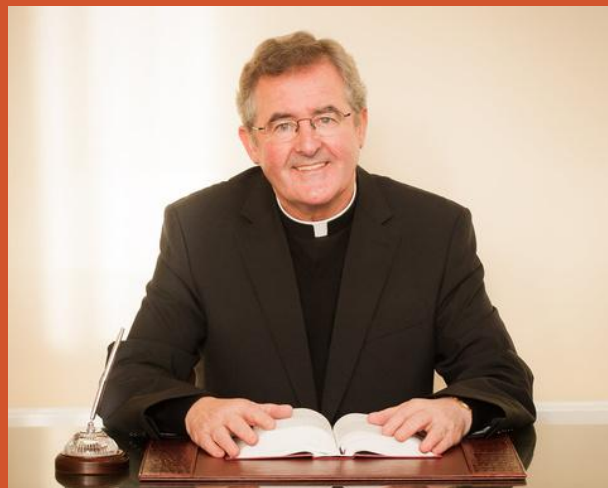
We have achieved much this year in very difficult circumstances and yet we have so much more to do to ensure that young people and vulnerable families do not fall through the net and have access to facilities, people and supports that are vital for them to live their best lives.

Brian Williams
CDYS

Foreword from Bishop William Crean



ROMAN CATHOLIC
DIOCESE OF CLOYNE



Dear Friends,

We are taken aback by the war in Ukraine. For many of us this is the first time we have been touched by the brutality and destruction that war inflicts on people of all ages. The generous response of our communities is extraordinary and inspiring. Their thoughtful compassion is a great example of Christ's love of neighbour in action.

The war has added to our uncertainty about the future. As it is likely to effect so many areas of our lives it is so important for us to continue to care for one another. When we are generous with our time in reaching out to others, we receive more than we give. In challenging times, we are called to stretch ourselves to make sure that those who need a helping hand or an attentive ear will not find us wanting. We and they will be blessed in our giving.

Again, I extend my appreciation and gratitude to all at CDYS for the unfailing outreach to young people. Every new generation faces a future never experienced by others. It is uplifting and heart-warming to know that the team at CDYS are dedicated to providing guidance and support to those young people who place their trust in them. I pray God's blessing on all as you serve and walk with an emerging generation.

Yours sincerely,

Bishop William Crean

Foreword from The Chairperson

Over the past 2 years the pandemic has affected us in so many ways, especially our young people.

During this time it has been difficult for young people to be themselves and to express themselves with the support of their peers and supports such as Youth Workers, Teachers and Volunteers.

However, our team within CDYS have been extremely interactive with our young people within our communities. Our CDYS staff came up with new ideas to interact with young people and their families and I would just like to say how impressive you have all been during this difficult time.



One thing I would like to say to all of the CDYS team is that you should be very proud of yourselves! It became very evident over the past 2 years that you are all committed, dedicated and determined individuals. It was a difficult time for everyone but from what I have observed during this time, I can honestly say that you are all an inspiration to us all!

At this time our supports and services are getting back to normal and finally our youth centres, community centres and outreach services are opening up again! It is great to see all CDYS facilities coming to life again and seeing the hustle and bustle of the centres is heart-warming!

I would also like to offer a special welcome to the staff at The Hut, Gurranabraher, who joined CDYS last year. I had the opportunity to visit them last year and I have to say I was blown away with the building and the staff commitment to their projects. As we carry on through 2022 I would like to thank you all for your hard work during a difficult time of change for you all.

A special thanks to all of our funders, outside agencies who we work closely with, such as An Garda Síochána and Tusla. A warm thanks to the Board of Directors who work tirelessly to ensure CDYS carries on building a highly regarded and successful organisation which is now stretching across the region of Cork. I would also like to offer a heartfelt thanks to the staff who work in the background and keep the 'wheels turning'. Finally, I would also like to thank our valued volunteers. CDYS would not be able to function without you and I would like to thank you for your commitment in making our communities a more exciting place by offering new ideas and experiences to our young people and community groups.

As we welcome people from the Ukraine into our communities, I am sure the year ahead will, I am sure have its own challenges, but I am absolutely certain the team within CDYS will pull together to ensure we reach our targets and goals to help and support the people within our communities who need it the most. Wishing you all the best of luck for the year ahead.

Your Sincerely

Richard Dempsey

CDYS Contact List

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Mallow Youth & Community Centre
New Road, Mallow, P51XEX9

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reception@cdys.ie

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

Youth Projects

Mallow - 087 7148268 & 085 733 6965
Mitchelstown - 086 8031227 & 086 6014036
Fermoy - 086 8031200
Midleton - 086 8031291 & 086 1701912
Gurranabraher - 086 827 4863 & 086 044
3745 & 087 113 7852 & 087 177 2723

Youth Diversion Project

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

Youth Ministry

Mallow - 086 8031126

CCA & PPFS & Meitheal Projects

North Cork & Macroom -
086 8065863

Local Training Initiatives

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



Outreach Counselling

The work of increasing calm, wellbeing and positive self image with C.D.Y.S. Outreach Counselling is now in it's fifth year. Being a counsellor is a wonderful job. To bear witness to a person turning a towering figure of a bully in their life into something far less relevant and powerful is quite something. One of the joys of the return to face to face work is that, no matter how helpless the atmosphere in the room may seem, they are sitting in the same chair as people who have achieved a significant amount of healing in their life.

Below is a refresher on what the service offers.

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 Mallow and Mitchelstown 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 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. 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. CDYS Outreach Counselling is available to young people aged 12 and over and does not have a strict cut off age at 18.

For further information contact
Finbarr on 086 1841860



Creative Community Alternative

Creative Community Alternative Project has been operational since 2018 and currently have a team of 4 support workers and one part time coordinator, the team are 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.



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 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.

For more information on this project contact Vicci on 086 8065863

PPFS & Meitheal Project

The PPFS & Meitheal team started in March of 2020 and has grown from three support workers to four over the last two years. 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.



For more information on this project contact Vicci on 086 8065863

Youth Diversion Project

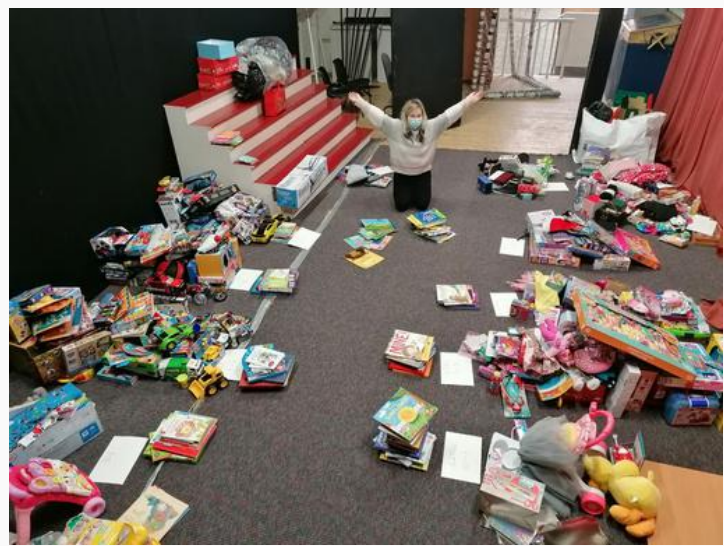
Mallow

Mallow YDP had an eventful 2021 despite Covid-19 and the restrictions it placed on us as a project and an organisation. The project continued to work with young people whether it be online or in person when restrictions allowed. 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. The project went to ZipIt Forest Adventure where the young people were challenged and motivated to reach beyond their perceived limitations.

The project continued meaningful engagements with our young people throughout the lockdown at the start of the year. The project opted as much as possible to get outdoors and enjoy the air and exercise with the young people. The project went on walks, hill walks and mountain walks with many young people. The project invested in some hurling equipment and had a great summer/autumn pucking a sliotar with young people. There are some potential county players in the making! (Cork not Limerick)

Many positives came out of 2021, the project assisted 10 young people to gain part-time/full-time employment. Staff were thrilled that seven young people passed their driver theory test. (6 car, 1 motorcycle). One young person has completed their motorcycle Initial Basic Training and can now be seen safely driving from home to school and far afield. Five young people have started their driving lessons and will be ready for their driving test soon. The project was involved in a food and new toy appeal at Christmas. With the support of local volunteers enough donations were received to give 80 hampers out to deserving families.

Two of our young lads were involved in the 'Bulbs for Bees' Gaisce Presidents Award. And John and Emma joined the staff of Le Cheile FRC to perform the 'Juresalema' dance to help raise funds for St. Vincent de Paul. The video is there to see on the Le Cheile website. Worth a view! John and Emma would like to thank the Cloyne Diocesan Youth Services board of management, the Project Committee members, Garda Juvenile Liaison officer John Hurley, Community Garda John Fitzgerald, and the members of An Garda Síochána for their support throughout the year.



Youth Diversion Project Charleville / Mitchelstown

The project aims to support young people in building their social skills, helping improve their decision-making skills and working with them towards achieving employment as well as much more all while keeping things fun!

The project welcomed a new staff member at the staff of January who first met all the young people on zoom. The project found this online platform to be amazing in helping young people to complete the theory test and assisting them in finding employment outside of their locality which is often rural. Furthermore, bingo and quizzes allowed the staff to get to know the families as well as the young people and provided them with some healthy, fun competition.



The project assisted several young people to pass their theory test. The staff are now trained in the Wrecked programme which allows them to do intervention work with young people who are a risk group on Irish roads. Staff are also trained in Train the Trainer which allows them to work with young people on road safety and acts as a preventative resource.

Thankfully as restrictions eased staff were able to get back out meeting the young people in their communities. This was welcomed by the staff and young people.

Over the summer, the staff took a number of groups away on day trips in conjunction with Active Connections. Active connections work with young people through adventure therapy, the trips the project went on included kayaking through several rivers in Millstreet, Fermoy and the river Lee, teaching the young people about water safety and having fun. All while allowing the young people to form new friendships as well as allowing them to develop and enhance skills. The project also found it gave the young people new hobbies and passions they could enjoy.



Furthermore, the project went to Fota wildlife in Cork which gave them a day out which they enjoyed while also providing them with an outlet from their anxiety for the day.

A large part of 2021 for the project was working with people who were out of education and for reasons such as anxiety they weren't ready to go back into education. Staff worked hard to provide them with structured days and helping them build life skills that would benefit them in later life such as cooking, baking and some basic math while also working with them to further their skills which included creative writing and car maintenance.

The project continues to support families in need with foodcloud which they have all been immensely grateful for during a particularly hard year.

The project would like to thank all those who supported us through a challenging 2021, such as the Juvenile Liaison Officer, local Gardai, and our CDYS colleagues. We would like to acknowledge all services that we linked in with to provide a multidisciplinary approach to our work, their support allowed us to give the young people we work with the best possible outcomes.

Youth Diversion Project

Cobh Feabhas



Feabhas YDP, in operation for approx. 13 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 YDP 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 YDP 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. To learn more about Feabhas YDP, 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.

Youth Diversion Project

Midleton / Fermoy

The Midleton/Fermoy Mobile Youth Diversion Project saw the rejuvenation of our service in 2021. The continued relaxation of Covid 19 restrictions provided a renewed hope for the young people in the restarting of face to face group activities. This meant that there were now options for young people to once again engage in the activities that they love outside of their homes, bringing a positive lift to their mental health and wellbeing. Within our own service we once again got to see the importance and value of face to face human connection, re-establishing group work and group activities.

Along with general drop in groups, group projects, 5 aside football and water activities we were able to head away on fresh air based excursions and new experiences for our young people. In May 2021 we went to the Limerick/Tipperary border to Hike up Galtymore (one of Ireland's highest mountains). Since then we have been up Mahon Falls in Waterford, over the Comeragh mountains on a different occasion and up Mangerton Mountain in Kerry. To take a break from hiking but still take in the fresh air we recently travelled the Wild Atlantic way to take in part of the County Clare coastline and the Burren. Also of course no trip west would be complete without a trip to Father Ted's House!



The difference we have seen in our young people when they are taken out of their environment is substantial with young people that may never have left their locality getting a real bug for photography, travel and the great outdoors. We have seen this lasting effect of these experiences and other project work translate into positive outcomes in young people's engagement in school, obtaining jobs and an increase in pro-social behaviour.

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. We would also like to give a special mention to Margaret O Connell our JLO who retired recently after 22 years in the role and wish her the best of luck in the future.

Youth Diversion Projects

Mallow

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Charleville / Mitchelstown

Dan 086 7031483
Sinead 086 7031482



Midleton / Fermoy

Garry 086 7031484
Brian 086 7031485

Cobh Feabhas

Jimmy 086 4179332
Niamh 087 9266977



Irish Youth Justice Service
Seirbhís na hÉireann um Cheartas i leith an Aosa Óig



UBU Youth Projects Mitchelstown



2021 was a busy year for CDYS Mitchelstown. We launched our pilot Future Leader Induction Program which was a great success. Nine young people took part in the training, 5 from Mitchelstown and 4 from Mallow. The training was developed by the staff in CDYS Mitchelstown (Christy O'Neill and Martin Lucey) and was delivered by Christy and Martin in the CDYS Mitchelstown youth centre. The training was designed to be done in a residential setting over 2 days but due to covid restrictions we adapted the program to one long day. The

Junior Leaders who were picked to do the training are members of our projects and are actively involved in the running of their centres. This could be junior leading in younger groups or helping with the running of youth cafes or drop-in centres. Topics the training covered included: Teamwork, Child Protection, Leadership, Good Practice, Communication, Dealing with Bullying, Planning/Evaluation, Drug & Alcohol Policies, Cultural Respect, Problem Solving, Sharing Your Skills, Event Planning/Organising & Conflict Resolution. Also, during the training, we had a zoom conference with Aine O Driscoll from Trocaire Leadership Program where she explained what the program was about. Some of the participants were interested in following up on it. We finished with a BBQ in the evening. All those who participated received a Hoodie with the CDYS crest and were taken on a trip to Tayto Park in Ashbourne Co. Meath.

2021 also saw the formation of our new Film Making group. This was aimed at first year students and covers all topics related to film making including Acting, Costume Designer, Make-up Artistry, Set & Prop Design, Camera Crew, Music & Sound, Special Effects, Screen/Script Writers, Film editors, Graphic Designers, Directors & Producers. The young people really enjoy this group and have done a few short projects so far including a remake of the John Lewis 2021 Christmas advert.

In July we took our senior groups on a trip to Splash Sports, in Castlegregory, Co Kerry. We left Mitchelstown at 8am as we were booked into the activity centre at 11. They had two hours of guided water sports before we had lunch. After lunch we went horse riding on the beach for an hour. We had a lovely meal in Tralee town after some time sightseeing and shopping. We arrived back in Mitchelstown at 9pm. Everyone had a great day out.

In August we got to bring our senior groups away again and this time we went to Pallas Karting in Galway. The junior leaders from Mitchelstown had built up a bond with the young people from Mallow during the Future Leader Induction Program and asked could the Mallow young people come as well, so we included the Mallow Junior Leaders on this trip. The members got to do 45 minutes of go karting, and 2 hours of paint ball. They got great value for the day, and we departed very tired. We stopped at the Crescent Shopping Centre in Limerick on the way home where we had food and did some shopping.

UBU Youth Projects Mallow



2021 was once again a challenging time for UBU Mallow, with January starting with us in lockdown 3 and people still unsure in what's to come. Dawn, Sharon and Miriam did what they knew best and adapted to the changes and made sure that all the young people we were working with were supported and groups went ahead online. Direct Provision music group, homework club and a direct provision ladies café ran throughout 2021.



Summer trips took place also with young people attending Oyster haven for a week which they loved and were able to gain new water skills and make friends. The CDYS mini bus was perfect for this trip as youth workers were able to drive the young people down and get to know the young people by engaging with them. Ballyhass lakes also ran a 4 day summer event for 16 young people. Some of the staff also got involved. Memories were made, friendships were formed, and it brought back a sense of normality for the young people as they had been isolated for so long during the Pandemic.



Santas grotto at the Big Blue Cube ran for 2 days due to high demand! We made sure that all covid guidelines were adhered to.

Food cloud ran throughout the year of 2021, food was distributed to families in the community. The Christmas hamper appeal also ran again this year, people from the community donated towards it along with a 3-day trolley appeal in Tesco. 80 Hampers were delivered to families in the community. €2500 thousand worth of food was donated to this appeal. We also got a generous donation of €5000 from a lady who wished to remain anonymous and this money was used to provide food, coal, esb and other essential needs to families we work with.

A young person from our youth council ran a marathon in aid of raising funds for CDYS and it was a great success with over €3000 raised, he had trained for this marathon throughout lockdown.

UBU Youth Projects Midleton

Coming out of Lockdown our goal for the year was to reconnect to our communities, to our fun spaces and to each other . We took advantage of each opportunity to remember what it was to have fun in the wild places and do some environmental and mental health improvements along the way . We spent weeks doing water safety awareness courses at Inch Beach , SDG work at Ballyannon woods Midleton , and brought Rockschoo! to the beach for a 'Tunes in the Dunes' session . We spent a day splashing around at Ballyhass lakes as a reward for hard work .

The Carrigtwohill project had a fun, if rainy, cycle safety awareness workshop and also attended the Minding Carrigtwohill Community event . Both Midleton and Carrigtwohill young people, aged 11-18yrs, collaborated on the Big Earth Mural in Midleton , the message and design coming directly from young people , it was a privilege to watch them work

We also launched our new Garden Room , a much needed and very popular addition to our Youth Café, this space allows us to work with smaller groups in two separate spaces . In October we ran 'Rocktober' in memory of the inaugural Rockschoo! event first held 10 yrs previously , it was great to feel that energy in the space again .

The year closed with a trip to bowling in Cork city and hanging out with friends in the town .



UBU Youth Projects

Fermoy



CDYS Fermoy works with 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. We work 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 2021 expansion of the building commenced, CDYS Fermoy now occupy both floors. Facilities available at Fermoy include a music room, fully fitted kitchen and youth café. In 2022 a one-to-one room was added to provide counselling. During the early part of the year, COVID restrictions continued to pose challenges for group activities. The team and young people rose to these challenges in creative ways, using online methods, and meeting outdoors when restrictions permitted. The group took advantage of the many beauty spots in Fermoy to meet and take part in activities.

CDYS Fermoy facilitated a group with other UBU projects called Youth Voices during lockdowns in early 2021. This project was very well attended and young people got behind the campaign to raise issues that impacted them. This project was also successful in CDYS getting recognition from TUSLA with the Investing in Children Award, this is a highly valued award and sets the standard for innovative and imaginative practice in child and youth participation.

The LGBTQI+ group worked with a local drama facilitator and wrote a play about a young person coming out to a parent. The project allowed the young people an opportunity to express themselves in a creative way. The group are planning to produce the play in 2022. During the summer all the young people took part in water activities on the river Blackwater, like paddle boarding and canoeing. There were activities in the park such as astronomy and photography.

In the Autumn, COVID restrictions began to lift, which allowed the return of face-to-face groups. The centre opened and the young people could enjoy the new facilities. A study group started for Leaving Cert students. CDYS Fermoy resumed engagement with young people through outreach work and targeted groups at the centre. Halloween saw a spooky tour of Spike Island for the LGBTI+. The music group started up again at the centre and we are now engaging with groups in our new space in Fermoy. The move downstairs has allowed our project to grow and provide new activities such as STEAM and 3D printing with young travellers, podcast creation, arts and crafts and to also allow young people to become volunteers and junior leaders as they turn 18 and become trained up to facilitate and run groups with staff. We also now have dedicated room for counselling and therapy provided to us by corporate donation by Sanmina Fermoy and Denis O Mahony Furniture. This has been a year of growth for CDYS Fermoy and we look forward to developing the project more in the years ahead.

UBU Youth Project Gurranabraher



The Gurranabraher & Churchfield UBU Youth project had a very busy 2021. Not only continuing our youth work through the global pandemic, but we also moved from Youth Work Ireland Cork to our new home of Cloyne Diocesan Youth Services (CDYS). The youth & community centre which is affectionally known locally as 'The Hut' hosts our youth project. Situated on the north west side of Corks inner city, we provide opportunities for young people in the local and surrounding area to get involved in social & recreational activities while gaining & improving skills. We also provide various supports & services for young people around mental health & wellbeing. The majority of our young people come from a disadvantaged socio-economic background with some experiencing Adverse Childhood Experiences & lack of opportunities/family support.



Our Bike Group started a local campaign for a bike track for their area and visited Ballyhoura Mountain biking track.



We have 4 cohorts of young people we target our services at as part of the UBU scheme. These services include various youth groups, sports activities, creativity, art, music and one to one support. Some highlights from 2021 include 6 of our members showing great team work and determination by completing the Ocean to City Youth race in September after weeks of preparation with Meitheal Mara. During the summer, when restrictions eased for a bit, we hosted our own local soccer tournament where 40 young people took part. This was supported by Gurranabraher Credit Union, FAI & Cork City Council.



Other highlights include our Summer Programme where 36 young people participated in 2 kayaking sessions and 2 paddle boarding sessions on the river Lee which was organised by the CETB. The Junior art group also participated in the Cork Creates Muck In Project where they designed tiles with their theme being "hopes and fears".

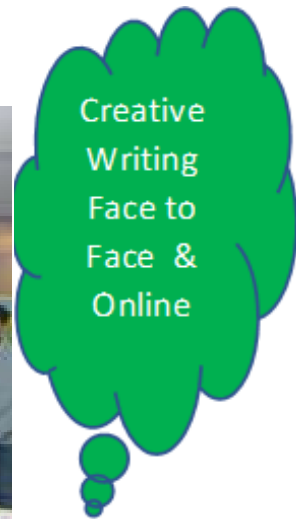
We had a climate justice group consisting of 5 young people who participated in the "Our Fair Planet" Programme. Young people decided to focus on the topic of recycling and design and complete a mural which encourages recycling and clarifies what items can and cannot be recycled. We had some young people attended the Launch of YWI's "Our Fair Planet" campaign online which was attended by Mary Robinson and one young person attended a climate justice event where she got the opportunity to have an input into the Government Climate Action Plan.

Up Cork LGBTQ+ Youth Project



- What we offer:
Spaces to Experience;
- Inclusion
 - Acceptance
 - Social Justice
 - Safety
 - FUN!
- Through;
- One-To-One Support
 - Group Support
 - Peer Support

- What We Do:
- Hang Outs
 - Activities & Events
 - Community Projects
 - Trips
 - Educational Workshops
 - Leadership Training
 - Music, Arts & Culture Projects
 - Youth Exchange/Erasmus+
 - Community Collaborations



Cork Creates

2021 started with the installation of “SCONCE” at the end of January, 70 young people from aged between 12 and 24 created hand painted Billboards (just using red paint) which were installed at 7 different locations around the City, This was a collaboration with Notes to Cork and City based photographer Clare Keogh, It was used to launch, (Radio, Local Newspapers and Social Media) Cork Creates and some of the work produced by UBU Projects on a City Wide scale with a Great reaction, not only from the participants but the Cork people as well.

March seen an interesting collaboration between Cork City Council and Cork Creates under the title of “ If your House could fly, Where would you Go!” This project was launched as a competition, which was to design a creative Flying House float and tell a little story about where you would go if your house could actually fly. Although the uptake of this project was significantly smaller the inventiveness and creativity were top drawer, (around 40 young people took part in this project).

Heritage Week took place over the summer of 2021 and saw Cork Creates and Notes to Cork collaborating once more, This time bringing in the Foyer Project and local Cork Artists onboard to create 3 large scale Billboard Art installations at the TEST SITE on Kyrll’s Quay. 20+ young people from 4 projects worked on this Artwork and We received a Newcomer’s Award for Heritage Week.

2021 ended with a One World Week project, 60+ (ages 12- 18) young people took part in this project which was based on SDG’s. Designed and hand painted flags were made and displayed at the old FAS building site in the City Center.

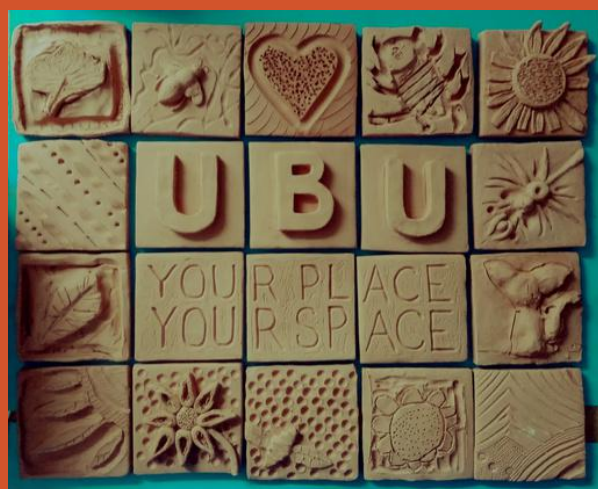
Cork Creates also assisted the “Arts For All” platform based at the Everyman Palace in setting up and creating events and has established a strong working relationship with Cork City Council Arts and Community panel.

A Big Thanks to all who contributed to Cork Creates projects in 2021, All the Best, Davy (Cork Creates Coordinator).



Up next was a tester week long workshop “Nature Art and Wellbeing” (after a very interesting training delivered by NYCI) Cork Creates delivered workshops at Bishopstown UBU project. Activities like making and using inks from fruits and plants, self-portraits using only natural found objects. Square breathing was introduced as a relaxation technique and also scavenging and writing where included, The writing was used by the young people to create haiku poems, We also had a go at Hapa Zome , which is the Japanese art form of covering leaves, flowers and other natural objects with cotton cloth and banging it vigorously with a hammer to create a print, 20+ young people attended these workshops and Cork Creates have made an information pack on Nature Art workshops.

Art In Context Award- MUCKIN with Cork Creates and Cork City Council. This project was introduced and work commenced June-July of 2021. The overall aim of the project was to connect and unite as many UBU projects in the City to create an Art piece which will also be an interactive mural. 300+ young people aged from 12 to 24 have engaged with MUCKIN , also 60+ Youth Workers and Managers had an input during the ETB Wellness Day at Fota Park. It is hoped that the mural will be installed this spring at a (TBC) City Center site.



UBU Youth Projects

Mallow - Sharon 087 7148268 / Dawn 085 733 6965

Mitchelstown - Christy 086 8031227 / Martin 086 6014036

Midleton - Ross 086 8031291 / Bernard 086 1701912

Fermoy - Adrian 086 8031200

Gurranabraher - Joe 086 827 4863 / Davy 087 113 7852 / Megan 087 177 2723

LGBT Youth Project Worker (Based in Gurranabraher) Nadia 086 044 3745



The Good Lives Project LTI, Macroom

This has been a critical year for the L.T.I. Macroom. When projects like us work remotely, it is incredibly hard to pick up the pieces and vulnerable young adults will not get the support they need and deserve. For those who have suffered trauma in their lives this could cause further trauma and lead them further into mental ill health, physical ill health and reduced life outcomes. The impact of the crisis is unthinkable, but we are adaptable and constantly changing to support learners to gain a level of understanding of the situation and mitigate some of the likely outcomes.

The Good Lives Project is nearing the end of its 8th 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 evaluations fluctuate between QQI level 5 in Community Activation and QQI level 4 in Sport and Recreation.



We undertake a 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 and nutrition, social and therapeutic 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. 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.

G.A.A. – Effective in equipping learners with the skills, models and rules associated with football and hurling. Some learners were in uncharted territory but were able to use and adapt G.A.A. models and coaching layouts to other areas in their lives. The three fundamental processes involved with G.A.A – theory, practical exercises and delivery. Learners began to develop session plans from both codes and implement these sessions in real life training sessions. Finally, the resources at our disposal given by the G.A.A. made the process of delivery much easier and enjoyable.

We encourage learners to be active participants in their own Community. 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, please
contact Karen on 083 1699095**



North Cork Sports & Recreation LTI, Mallow

Despite the challenge of navigating the constantly fluctuating covid 19 scenario, 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.

During the year we worked closely with our stakeholders at the Cork College of Further Education and Training (FET) to devise new ways to work with our students remotely and push onto achieving the results required. Remote learning remains a useful tool for our project, but one that we use sparingly as we have realized that our learners feel more comfortable working onsite and in-person with our tutors.

Providing a unique learning experience is something that we pride ourselves on, as in other years we have developed new games and activities to connect with and entertain our students. Spike ball, protect the castle and capture the flag are new games that have proven to be popular with our students. We had some really engaging workshops during the year such as a communication and resilience training day with Shane Casey (Billy Murphy in the Young Offenders) as well as First Aid with Mags McCarthy.

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 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.

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

East Cork Music Project LTI, Midleton

Annual Christmas Concert

Unfortunately, because of the pandemic, and to play our part in minimizing the risk of the spread of Covid, we decided to host our annual Christmas concert online again this year. Instead of having the gig in our centre here at ECMP, we created a 'live event' scenario across the town at My Place. Liam and the team there very kindly facilitated us, and the learning group gained invaluable experience on how to plan and hold a live event. The audience was made up of the group, ECMP and CDYS staff and this gave great encouragement to our learners as they navigated their way through their first show. We recorded the event and released it on social media at a later date so that the wider community of Midleton, as well as family and friends of the group could see how much hard work and effort went into the gig, and of course without sounding too biased, we have a full house of talent again this year!

Annual Craft Fair

Again, due to covid, we needed to be creative and work on an alternative way that we could facilitate the craft fair this year. Lucia and Belinda, our wonderful art team organized a stall at the Midleton Farmer's market to display the beautiful products that the team and group worked so hard on. We had wonderful workshops throughout the autumn and early winter with local artists such as Aine Farrell and Mary Walsh. The group learned how to make encaustic pieces as well as make Christmas wreaths that were from foliage that was collected locally. We had beautiful candle centre pieces, crafts for children, as well as our now famous homemade Christmas cards. The event itself was a huge success, with more people gaining an awareness around who CDYS East Cork Music Project are and what we can offer here to the young people of Midleton and surrounding areas.

All other events

We now find ourselves in the privileged position to be able to hold events in a live scenario locally and the team here are very excited about this.

We are looking at holding an Easter Craft fair as well as holding a gig in the late Spring of 2022. We are welcoming our normality back and look ahead to brighter days and the human connection.

We are also looking at hosting an open evening here at East Cork Music Project and will invite anyone who might be interested in enrolling for the 2022 courses.



For Further information please contact Nicole 086 1409513

Youth Ministry

Cornerstone Youth Ministry

After many meetings on Zoom in early 2021 it was a delight to finally get to meet in person for a walk around the Gearagh in Macroom and Gougane Barra. Rita gave us the history of the Gearagh which was fascinating. Afterwards we were able to enjoy some delicious pizza and chips. We continue to invite young people in the Diocese of Cloyne to get involved with Cornerstone Youth Ministry. If you would like to get involved, please contact Bernadette on 086 8031126.



All set for the walk in the Gearagh



Enjoying some yummy Pizza



Enjoying the fabulous nature in Gougane Barra



CDYS Cornerstone Ministries -
Where we meet to pray, expore
our faith, encourage each other,
support each other in our
relationship with God, and most
importantly, just be with each
other in community.

Youth Ministry

ACTivate Club



ACTivate Club trip to
Laser Tag



ACTivate Club karting
trip



ACTivate Club
trip to Fota



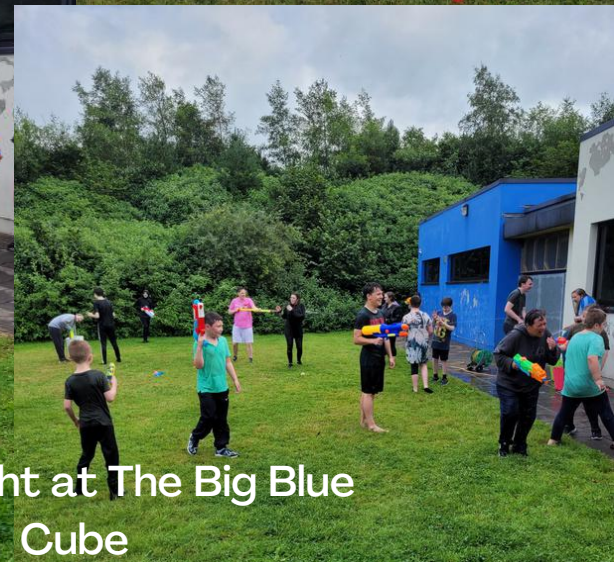
It was a busy year for the ACTivate Club. We were delighted to be back meeting in the Big Blue Cube and back to a somewhat sense of normality. We were back cooking and baking, having several sport evenings, day trips to Fota and Kartworld. The highlight of the year is our annual waterfight which takes place on our last evening before we break for the summer. Of course, those that don't want to get wet we respect but it's not guaranteed. This year we ran a sports programme over 6 weeks. Every participant received a medal, and the overall award went to David Palmer for his energetic enthusiasm in getting everyone involved.



ACTivate Sports Evening



Water fight at The Big Blue
Cube



Youth Ministry

Pope John Paul II Awards

It was a busy year with the Pope John Paul II Awards. While we could not have the annual ceremony in Mallow Community Youth Centre, the students received their Award in their schools. Students from 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, and a group of students with Sr Martina in Charleville received their award. Despite the restrictions with Covid, the young people immersed themselves in their parish and community involvements.



If you would like further information,
please contact Bernadette on
086 8031126.

Hire a Room/Space in Mallow and Mitchelstown & Gurrabraher

Do you require space to rent? CDYS have 2 locations in Mallow, 1 in Mitchelstown and Gurrabraher. We have many different area's to rent from meeting rooms to large to medium sized halls. If you would like further information on renting space please contact the relevant building.



The Big Blue Cube, Gooldshill,
Mallow - 022 21812



Mallow Youth & Community Centre,
New Road, Mallow - 022 53526



CDYS Mitchelstown, Town Hall, Thomas
Street, Mitchelstown - 086 8031227



The Hut, Gurrabraher Road, Cork City
- 021 439 9862



Youth Clubs & Volunteering with CDYS

YOUTH CLUBS

We currently have 6 Youth Clubs which are affiliated with CDYS.

Kinsale Youth Club

Leamlara Youth Club

Cloyne Youth Club

Lismire Youth Club

ACTivate Club, Mallow

Friends Youth Club, Mallow

If you would like to find out more about setting up a Youth Club in your area please contact

Dawn on 085 733 6965



Kinsale Youth Club Volunteers attending Child Protection
Training from our CDYS trainers.

VOLUNTEER WITH CDYS

We have a number of Volunteering roles within CDYS at locations in Mallow, Mitchelstown, Macroom, Middleton, Fermoy, Charleville, Cobh & Gurranabraher.

If you would like to find out more please contact Dawn on 085 733 6965

CDYS Funders



Youth Work Ireland



An Ghníomhaireacht um
Leanaí agus an Teaghlach
Child and Family Agency

Mallow
Parish



Cork
County Council
Comhairle Contae Chorcaí



pobal

government supporting communities



ciste na
gcuntas díomhaoin
the dormant
accounts fund



An Roinn Leanaí
agus Gnóthaí Óige

Department of
Children and Youth Affairs



cetb

Bord Oideachais agus
Oiliúna Chorcaí
Cork Education and
Training Board



Ireland's European Structural and
Investment Funds Programmes
2014-2020

Co-funded by the Irish Government
and the European Union



EUROPEAN UNION

Investing in your Future

European Social Fund

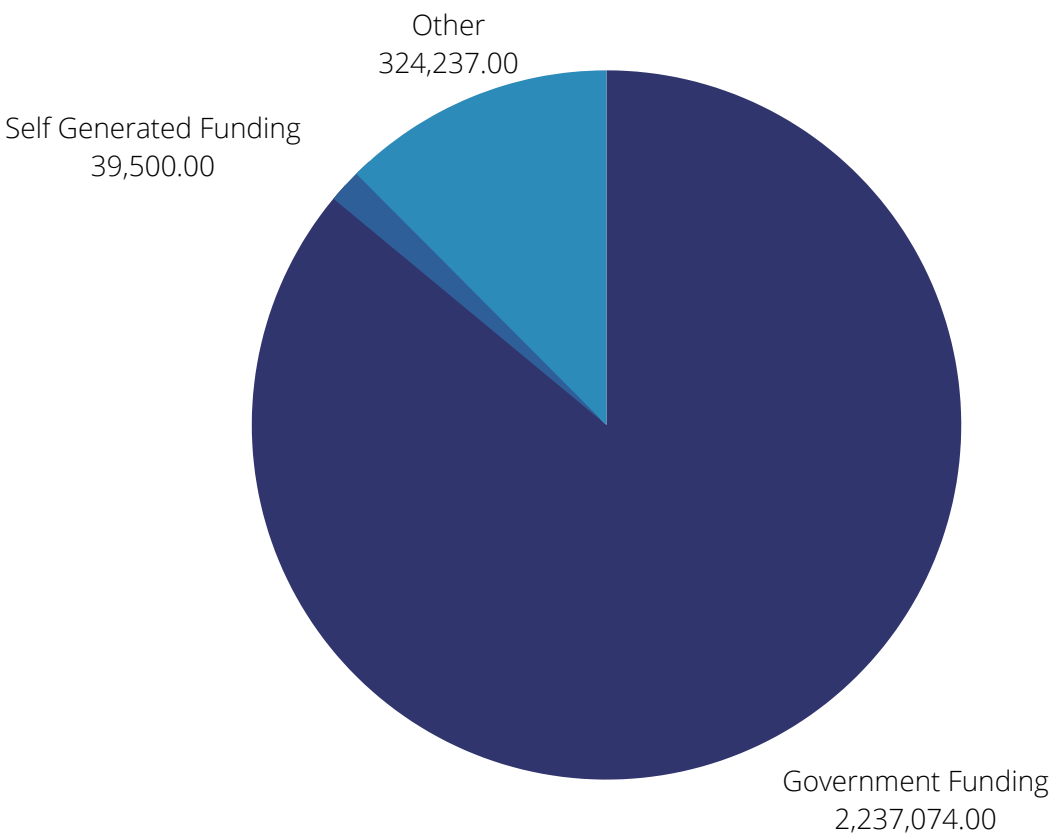


Irish Youth Justice Service

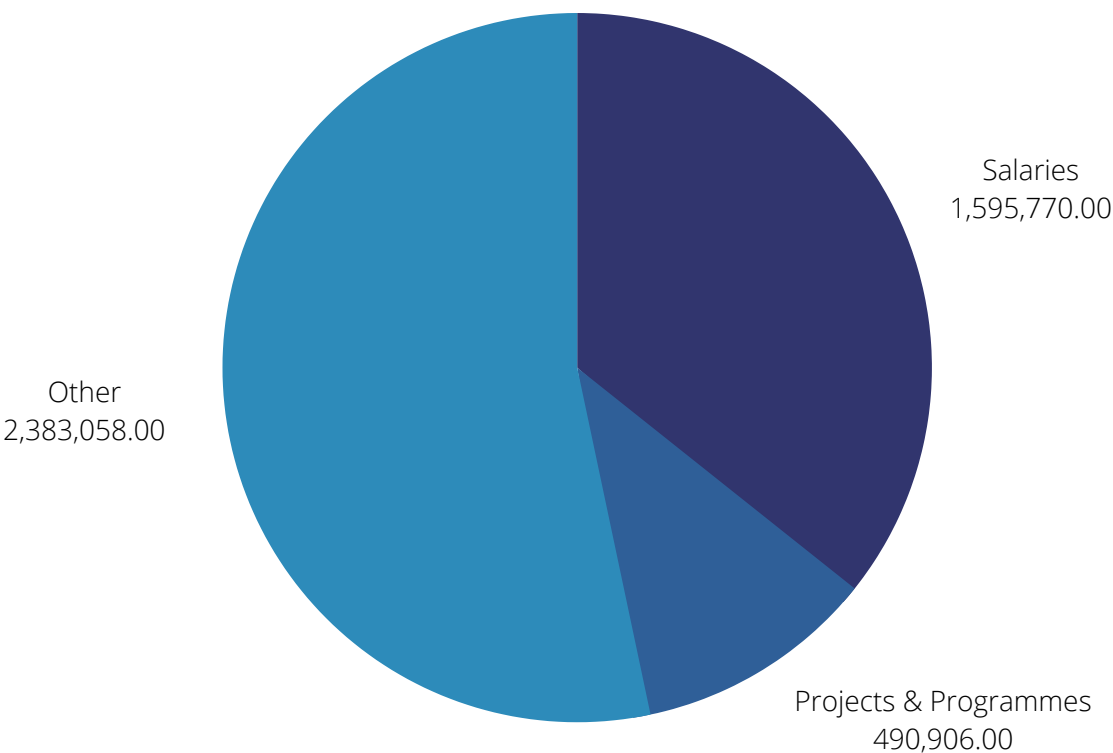
Seirbhís na hÉireann um Cheartas i leith an Aosa Óig

CDYS Organisational Income & Expenditure 2021

CDYS Income 2021



CDYS Expenditure 2021







Working with Young People, Families & Communities



Mallow
Midelton
Mitchelstown
Macroom
Fermoy
Cobh
Charleville
Gurranaברה
North Cork