

## RYS QUARTERLY NEWSLETTER

# The Christmas Edition

**DECEMBER 2022 | ISSUE #7**

After a bit of a hiatus, the RYS News Letter is back. This time being edited by Kate and Caitlin from RYS Family Support!

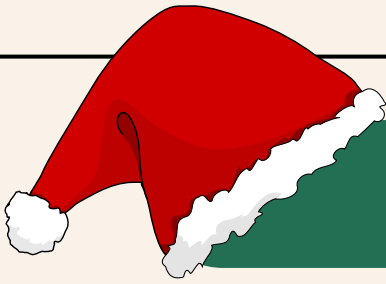
As 2022 draws to a close, we would like to thank everyone for their participation in making it a great year for the Roscrea Youth Service.

We, the team have all enjoyed our time working with the amazing kids of Roscrea and we hope you enjoyed your time too! We wish you all a wonderful Christmas and a Happy New Year. We look forward to catching up with you all in 2023 and making more fantastic memories in the RYS!

RYS will be closed from December 22nd until January 3rd. See you all in 2023!

From the RYS Team!





# UBU

SINCE OUR LAST NEWSLETTER IN AUGUST THE UBU PROJECT HAVE BEEN KEEPING VERY BUSY. THE YOUNG PEOPLE HAVE BEEN UPSKILLING THEMSELVES AND IMPROVING ON THE SKILLS THEY ALREADY HAVE WHILE ALSO TRYING NEW THINGS. THE YOUNG PEOPLE HAVE PARTAKEN IN ACTIVITIES FROM ARTS AND CRAFTS TO POSITIVE BEST SELF HELP TALKS TO LEARNING TO PLAY THE UKULELE.

## SONA WELL-BEING POSITIVE BEST SELF TALK

A group of 1st years took part in the SONA Well-Being Positive Best Self Talk. It ran for 4 weeks here in the RYS by local businesswoman Siobhan Connelly Hogan.

The young people were really engaged in this programme and listening to their feedback they really enjoyed it and felt it helped them when looking at their emotions.

The chicken and chips at the final day of the programme also helped with their mood 😊



## WORLD CUP FEVER AT RYS!



There are many nationalities in Roscrea and with the World Cup starting in November we decided to host a World Cup game in the service. The young people really enjoyed it. The session was topped off with the young people receiving a sweet box. I think everyone enjoyed their time that day.



UBU



## ARTS & CRAFTS WORKSHOP

We had a group in who completed an Arts and Crafts workshop in November-December of this year. We had 5 participants for the 4-week workshop.

In this workshop the young people made their own paper and experimented with different art materials. In the end each young person made their own Christmas cards.

The young people really enjoyed this workshop with many asking if we could do it again. We will look in to progressing this workshop in the new year.

We here at Roscrea Youth Service are keen to encourage the skills and talent of the young people when it comes to arts and crafts.

Below are some of the master pieces which the young people produced.

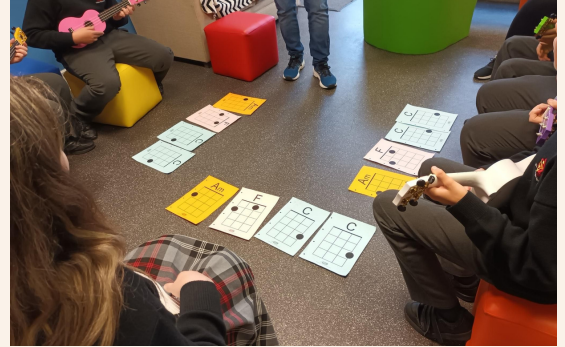




UBU

## UKULELE WORKSHOP

UBU also ran a 4-week Ukulele workshop. The young people really enjoyed this workshop. Some young people had some experience with the ukulele other were starting with no experience. Again, this was a great success with many wondering if we could continue this workshop again in the new year. Some young people even bought their own Ukulele to get some extra practise in. They had some great fun playing some of the new releases from the charts.



## RYS CHRISTMAS DINNER

Finally, to end the year and to treat the young people for all their good behaviour and hard work throughout the year UBU hosted Christmas dinner in the local Hall. We got dinner catered for them and organised a magician for entertainment.

They really enjoyed it and we sent them home with smiles on there faces and of course a selection box.





## Family Support



Since joining the RYS Team in May, Kate and I have worked with over 30 families in the Roscrea area. We have also ran multiple workshops and interventions, such as a School Refusal Workshop, Parenting Peer Support Group, Parent and Toddler Group and Zones of Regulation.

In 2023, we hope to continue working with the families and have plans of additional workshops to be carried out, such as Circle of Security and Parenting Plus, to name but a few!

We would like to take this opportunity to thank the families of Roscrea who have welcomed us into their homes since we joined the team. Also, thank you to all who have participated in our workshops, day-trips and attended 1:1 sessions over the last 6 months!

We hope you have a wonderful Christmas and will see you again in the New Year!

Kate and Caitlin

## School Refusal Workshop

Family Support Roscrea were delighted to be able to host a funded TUSLA Parent Participation 5-week workshop surrounding School Refusal which was facilitated by Aisling O'Connor (Child Psychologist) & Dee Finucane (Motivational Speaker).

Five young people along with their parents, who are experiencing this issue, were invited to it and we received great feedback on the safe space which was given to this issue! We would like to thank Colaiste Phobal for their collaboration with this workshop and we hope to run it again in the future.

Take the Floor -  
Let's Talk About  
School Refusal



5 week workshop for parents and young people to discuss school refusal, anxiety and strategies to overcome.

With

Aisling O'Connor -  
Child Psychologist

& Dee Finucane -  
Motivational Speaker

Starting November  
7th 2022 at 1:30 -  
3:00pm in Lions  
Club Hall, Rosemary  
Street.

For more information phone Kate  
on 087-9529041





## Family Support

### *Zones of Regulation*

During October and November Family Support ran a Zones of Regulation Workshop as an after-school programme in Scoil Eoin Naofa.

This followed on from a successful Zones of Regulation programme which ran in RYS over the summer.

21 students from Scoil Eoin participated in the programme within three age groups. We are hoping to roll this out again in the New Year.

The Zones of Regulation is a curriculum based around the use of four colours to help children self-identify how they are feeling and categorise it based on colour.

The curriculum also helps children better understand their emotions, sensory needs and thinking patterns. Additionally, the Zones of Regulation helps children to recognise their own triggers, learn to read facial expressions, develop problem-solving skills, and become more attuned to how their actions affect other people.

### *Special Thank You...*

We would like to say a special thank you to Aisling and Kelly-Ann for the wonderful job they did decorating the RYS for Christmas!

### *Make-Up Workshop*

Back in October, some of the teenage girls involved with Family Support took part in a Make-Up workshop in conjunction with Embellished Studio.

The Girls appeared to really enjoy the workshop and we may have some budding Make-Up Artists on our hands!

### *Upcoming Christmas Events*

On December 20th, Family Support will be hosting their very own road-trip to their families before Christmas. This will be an opportunity to wish all our families well before we break for Christmas and there may even be some treats in-store!

Family Support will also be hosting a Christmas Movie evening in the RYS on 21.12.22 for some of the teenagers involved with Family Support. Festive food and drinks will also be provided!



## RAY PROJECT



The Ray Project continues to be busy, with daily drop ins, one to ones and the Friday night group.

We had a very enjoyable day out mountain biking in Kinnety which all the participants enjoyed, and there is an end of year karting trip in Limerick planned before the holiday break.



## IRISH YOUTH JUSTICE SERVICE NATIONAL CONFERENCE

This quarter there was the Irish Youth Justice Service National Conference which was held in Croke Park on the 9th of November with Minister of State at the Department of Justice James Browne in attendance, where he launched a discussion paper on diverting 18-24-year-olds from the criminal justice system.



Such a system would provide an alternative to prosecution for minor offences, where it could be determined that a person's entry into the wider criminal justice system and particularly prison could result in worse outcomes for the individual and society in the longer term.

The annual conference brings together a staff of Youth Diversion Projects across the country and members of An Garda Síochána to discuss current issues and best practices in the field of youth justice.



## RAY PROJECT

### *Departure of Allison Ryan...*

This quarter saw the departure of Allison Ryan who left the RYS to go travelling in Australia.

Allison joined the RYS team in May of 2020 as a youth justice worker in the RAY Project, which is the RYS's Youth Diversion Project. Despite the difficulties of the pandemic Allison worked extremely well in building strong relationships with the young people she was working with in Youth Diversion, i-Scoil as well as the Purple Hearts Group and her colleagues in the Roscrea Youth Service.

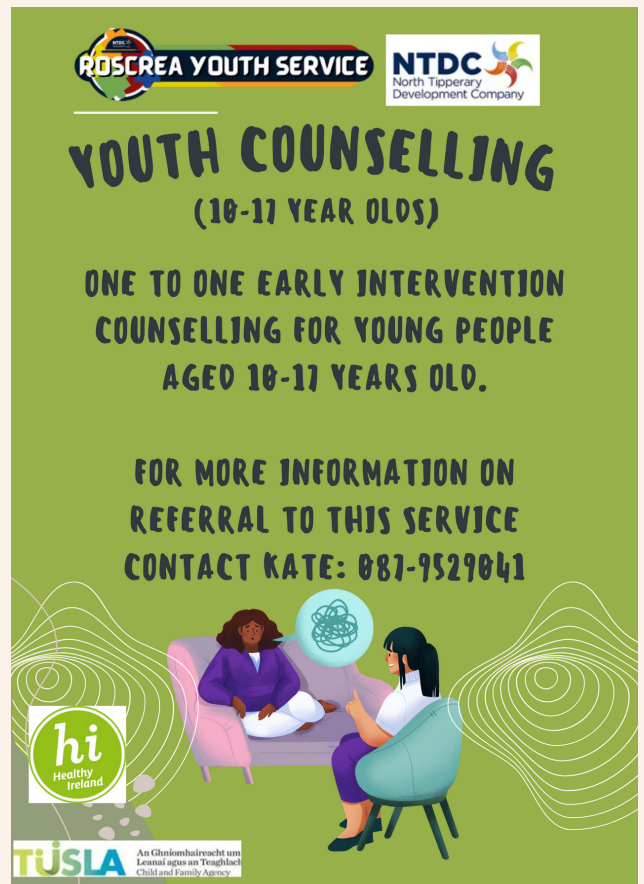
All the staff in the RYS wish her well on her travels.

## PURPLE HEARTS

We welcomed back the Purple Hearts group in September. It is great to have them back in the service on a weekly basis.

We are currently coming towards the end of a 12-week Inner critic workshop. This workshop has proven very helpful for the group in learning how to deal with self-doubt and negative thoughts. Numbers have been down due to the seriousness and heaviness of this workshop but once we finish this workshop, we will look at bringing back some light entertainment for the purple hearts again.

## YOUTH COUNSELLING



**ROSCREA YOUTH SERVICE** **NTDC**  
North Tipperary Development Company

### YOUTH COUNSELLING

(10-17 YEAR OLDS)

**ONE TO ONE EARLY INTERVENTION COUNSELLING FOR YOUNG PEOPLE AGED 10-17 YEARS OLD.**

**FOR MORE INFORMATION ON REFERRAL TO THIS SERVICE CONTACT KATE: 087-9529041**

**hi** Healthy Ireland

**TUSLA** An Ghníomhaireacht um Léarnú agus an Toghchán Child and Family Agency



## Early Intervention

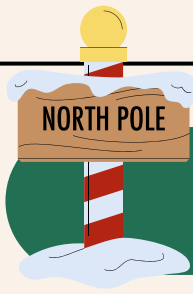


Early Intervention and UBU group My Name is Jeff went to the Aqua Park in Dromineer along with Mary Grace, Kate Flynn and Caitlin Moyne. A lot of fun was had on this trip, that all have asked about going again



On the 18th August the Roscrea Youth Service brought its young people to the Odean Cinema in Castletroy to watch Minions: the Rise of Gru and onto the restaurant Coqbull for food and ice cream.





## Early Intervention

### TIPPERARY HURLER CRAIG MORGAN

Early Intervention had organised Tipperary Hurler Craig Morgan to come in and talk to those within the Youth Service between Early Intervention groups and UBU groups. Craig relayed situations you may find on the field to real life, this included working hard to get his position on Tipperary team and the challenges that came with it, but also with getting his college course and the determination of getting into teaching, talking about a sense of team spirit and that some people may try get into your head to make you doubt yourself and your hurling abilities. Those who attended interacted very well within this talk and Craig even played a game of pool with them after.

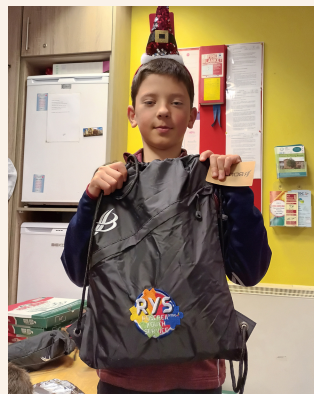




## Early Intervention



We were delighted to be able to get the 8-11-year-olds Roscrea Youth Service half zip jumpers and bags. The bags were kitted out with Christmas activities and treats for this festive time. All were very excited to hear and receive these.



## HALLOWEEN GAMES

For Halloween the children had asked for traditional Halloween games, all took part in the Flour and cherry game. All had immense fun in this.







## Early Intervention

### FAREWELL TO MARIA



We want to wish our CE staff Maria the very best of luck in the future as moves on to her next chapter. The children in the Early Intervention Project wanted to thank Maria for all her kindness, support and fun in groups. All decided that a treat to the Ugly Duckling, other groups chose a mini party and of course there were many thank you cards. Maria will be missed by all in Roscrea Youth Service.



### MESSY ART

The Children took part in messy art in groups with involved Bubble painting and foam painting. Children and staff had great fun doing this and their creativity was amazing on these activities.



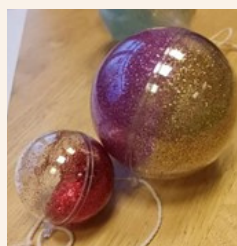


## Early Intervention



### *All Things Christmas*

This year the children had asked about making Christmas decorations. With this the children made baubles for their Christmas tree, reindeer decorations for the tree and a Christmas tree made from string. Some of the children asked for their decorations to be put on the Youth Services Christmas tree and other brought theirs home for their own tree.



Tuesdays group also put up the Youth Services Christmas Tree.



All also received Toy Show treat boxes in time for this year's Late Late Toy Show.





## Roscrea Youth Union

After a nice summer break Youth Union recommenced back in September. Between the meetings on the lead up to Christmas it had been decided by the Youth Union to write Christmas cards to the local services and businesses in the Roscrea Community.

In their November meeting the Youth Union got pizza for the meeting and agreed for their last meeting they would hold a movie night and get a treat from the local Chinese restaurant.



## Christmas Activities



At the Roscrea Youth Service we have people of all nationalities, so here is how you can wish your friends a Merry Christmas in languages from around the world!

Irish: Nollaig Shona

French: Joyeux Noël

German: Frohe Weihnachten

Hungarian: Boldog karácsonyt

Italian: Buon Natale

Latvian: Priecīgus Ziemassvētkus

Lithuanian: Linksmų Kalėdų

Polish: Wesołych Świą

Romanian: Crăciun fericit

Russian: с Рождеством

Slovak: Veselé Vianoce

Slovene: Vesel božič

Spanish: feliz Navidad

Ukrainian: з Різдвом

## RYS Christmas Word Search

C	P	Y	G	P	R	E	S	E	N	T	S	S	D
A	D	I	I	A	H	R	Y	S	O	D	N	Y	E
C	B	I	A	N	O	U	P	A	N	T	O	Y	A
R	N	N	L	C	L	D	N	O	D	A	N	S	S
B	G	S	L	R	L	O	S	N	O	A	C	Y	N
S	E	O	O	G	Y	L	A	Y	N	S	I	R	A
S	N	L	N	L	T	P	N	F	N	A	O	G	A
Y	A	D	L	Y	O	H	T	C	L	A	S	R	H
P	C	N	I	S	U	W	A	F	L	E	P	I	S
I	Y	N	D	W	O	N	D	E	R	L	A	N	D
L	D	L	I	G	H	T	S	L	H	S	N	C	I
E	N	W	O	H	S	Y	O	T	O	L	S	H	A
A	A	O	L	W	S	N	O	W	M	A	N	L	W
S	C	H	S	N	W	P	I	L	H	A	A	L	R

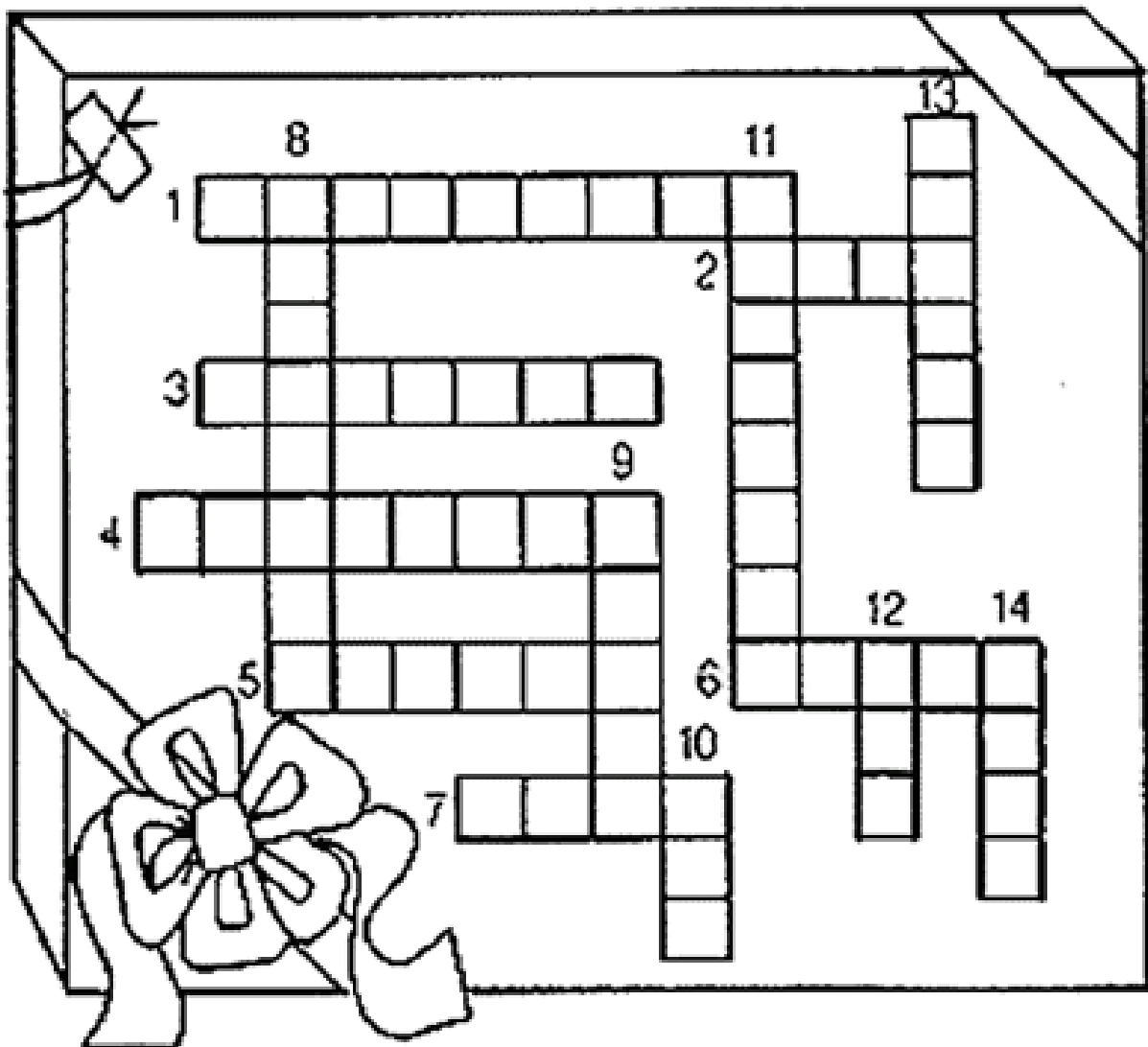
RYS  
 ELF  
 GRINCH  
 WONDERLAND  
 BELLS  
 LIGHTS  
 PRESENTS  
 SANTA  
 CANDYCANE  
 PANTO  
 TOYSHOW  
 NOLLAIG  
 RUDOLPH  
 SNOWMAN  
 HOLLY





## Christmas Activities

# Christmas Crossword



### Across

1. Hang these on the tree
2. Evergreen or pine
3. Frosty is one
4. You give and receive these
5. Tie this on your package
6. A Christmas color
7. For the top of the tree

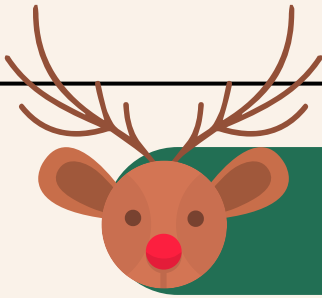
### Down

8. Rudolph
9. Jolly toymaker
10. Color of Santa's suit
11. Hang this from the mantle
12. Santa's Helper
13. Santa's transportation
14. Christmas carol

## *Christmas Activities*







## Christmas Activities



## *Roscrea Youth Service Team*



**James Egan**  
Youth Justice Worker

I implement evidence informed targeted interventions for young people who are at risk or in trouble with the law. I have been in my role for 2 years.



**Elaine Toomey**  
Youth Worker UBU

My role is to support the young people of Roscrea between the ages of 10-24 years old. We aim to provide out of school support to young people in the local community to fulfil their potential by improving their personal and social development through various groups and programs. I have been in my role since November 2021.



**Mary Grace**  
Youth Justice Worker

I work as the Early Intervention project worker with 8-11-year-olds who have been referred into the project for a variety of different reasons. I have been in my role since September 2021.



**Kate Flynn**  
Family Support Worker

I am one of two Family Support Worker's based at the RYS. I support families who are experiencing challenges in their lives such as parenting issues, managing children's behaviours, and school issues. I aim to holistically support families in the community through one-to-one support and signposting to other support services where necessary.



**Caitlín Moyne**  
Family Support Worker

I am a Family Support Worker at the Roscrea Youth Service. My role is to support families in the Roscrea Community with any issues or challenges they may face in a range of areas such as parenting challenges, managing behaviour and emotions, and issues at school. I am available to listen and support families or refer issues to other support services where required.





## Our Funders



Rialtas na hÉireann  
Government of Ireland



Có-mhainithe ag an  
Aontas Eorpach  
Co-funded by the  
European Union



An Roinn Leanaí, Comhionannais,  
Míchumais, Lánpháirtíochta agus Óige  
Department of Children, Equality,  
Disability, Integration and Youth



ciste na  
gcuntas díomhaoin  
the dormant  
accounts fund



An Ghníomhaireacht um  
Leanaí agus an Teaghlach  
Child and Family Agency

## Social Media

Find us on social media:



roscreayouthservice



@roscreayouthservice



From all at  
Roscrea Youth Service!

## Roscrea Parent & Toddler Group

**Roscrea Parent and Toddler Group**  
Every Thursday  
10:30am - 12:30pm

Returning  
15.09.22

**Roscrea Library**  
Birr Road, Roscrea

For more information  
Tel: Caitlin Moyne -  
0877091195  
find us on Facebook  
@Roscrea Parent and Toddler Group

ROSCREA YOUTH SERVICE