

Autumn/Winter 2022

ECHO



Youth Information Centre Newsletter

16-18 Port Road, Letterkenny

Tel: 074 91 29630



Young Person of the year 2022 Davin Crawford

The Celebration Night,
Aspire Inishowen Launch,
Coping with Christmas
... and much, much more



Whats On?

October-December 2022



FRIDAY NIGHT EVENTS : 5pm-9pm

October 14th: Gaming Night

October 28th: Quiz Night

Nov 18th: Quiz Night

December 16th: Quiz Night

December 23rd: Christmas Party!

LOFT DROP IN IS OPEN

Every Friday 5pm-9pm

Every Saturday 2pm-6pm

2 x NEW WEEKLY GROUPS

Tuesday 6pm-8pm : ART GROUP

Thursday 6pm-8pm : GAMING GROUP

WEEKLY

Monday: 'Our Group' - Autism Social Group

Tuesday: Fit for Life // Art Group

Wednesday: World Wide Voices // Loft Radio Group

Thursday: Tea & Tunes // Gaming Group

Friday: Healthy Hacks

For more information or to sign up
get in touch : 0749129630

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Donegal
Youth Service
Youth Work Ireland



THE YOUTH INFORMATION TEAM



We would like to introduce you to the latest member of our little team.
Cheyanne MacDonald joins us as an assistant youth information officer.



Gareth Gibson
Youth Information Manager



Katarzyna Kurzeja
Youth Information Officer



Derek Callaghan
Youth Worker

16-18 Port Road, Lettterkenny

074 91 29630

yicletterkenny@donegalyouthservice.ie

Social Media Handle: @yicletterkenny

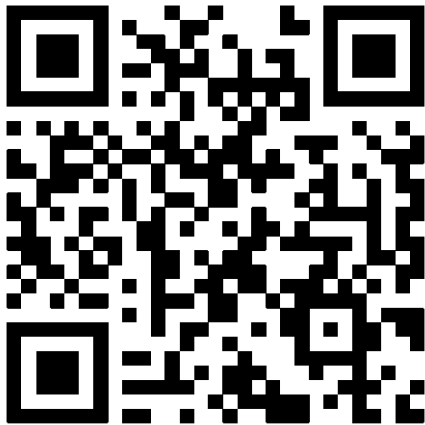


WHAT IS YOUTH INFORMATION CHAT?

Have a question? Chat with a Youth Information Officer and we'll get you an answer.

Youth Information Chat is a free online chat service to connect you with a professional Youth Information Officer who can provide you with personalised information. The service is a great way to get more information, learn about opportunities, and talk through your own situation with someone who can help.

Do you want to chat with us?



How does it work?

The chat service is available between 4pm and 8pm, Monday to Friday (excluding bank holidays). The service is here to support 16 to 25 year olds, parents/guardians, and people who work with young people. If you want to chat to a Youth Information Worker during that time, start a conversation now. If you would like to leave a message outside of the hours of our chat service, we can come back to you by email the next time we're online.

What we can help with...

We can help you with any questions you have, from education, employment, your rights and entitlements, social protection benefits, college grants, accommodation, and more. We can give you information, answer your questions, and provide you with a second opinion.

The most important thing is your safety!

If you tell us that you are under 18 and are being harmed, are at risk of being harmed, or have been harmed in the past while under 18, we must report this information to Tusla – the Child and Family Agency – and possibly the Gardaí. To make these reports, we need your full name, your age and the county you live in. If you choose not to share this information with us, we will be unable to make a report.

Who will you be talking to?

Our chat service is staffed by Youth Information Officers from centres across Ireland. Youth Information Officers are trained in providing information that is impartial, accurate, relevant to your question, in a non-judgemental and easy to understand way. The Youth Information Officers staffing the system are from YMCA Ireland, Crosscare and Youth Work Ireland.

Are you in a crisis?

This is not a service for people experiencing a mental health crisis, but if you need mental health support right now, **text YIC to 50808** to start an anonymous conversation with a trained volunteer – 24/7. Standard text message rates may apply.



HEALTHY HACKS GROUP



Meet the Healthy Hacks group in Donegal. A youth group focused on discussing wellbeing both physically and mentally, and all avenues, factors and lifestyles associated. It is a participant-led discussion session where the topic each week is semi-structured. The group subsequently go to the gym and put such discussion around fitness into practice. Local group from the Letterkenny Youth Information Centre, Donegal Youth Service.

The group began around November in the drop-in area of the Donegal Youth Service, and has been going strong ever since. Their goal is to promote healthy lifestyles and futures, to model good behaviour and create a safe environment as to allow understanding, confidence and socialisation through progression and curiosity.

Catered towards the young people in Letterkenny it has been made very clear from the beginning of the group that all physical benefits from fitness and exercise should be considered secondary goals, with the primary focus of goals being confidence and mental fitness. An ethos which has been repeated

numerous times throughout.

This group is about giving opportunity to raise understanding about getting fit, learn and have informative conversations on all things fitness, to meet new people and join a group that is focused on the needs and ambitions of its members.

The group have embraced conversations about all fitness topics and more. Special guests from Letterkenny attend the group from time to time, including local professionals in dieting, fitness and training. All to the end of promoting healthy lifestyles and raising markers for a healthy mind (i.e. Confidence, resilience).

The idea is to stay away from the formal style of presentation, or “talks” and to embrace an informal conversation style of information provision, to sit on the couches and enjoy. Held in the drop-in centre at Donegal Youth Service, 16-18 Port Road, Letterkenny, Co Donegal.

For more information contact Jason Doherty at jason.doherty@donegalyouthservice.ie or on 0749129630.



HEALTHY HACKS

WOULD YOU LIKE THE OPPORTUNITY TO:

ASK ABOUT GETTING FIT?

LEARN ABOUT FITNESS AND HEALTH?

**SIT DOWN AND HAVE A CONVERSATION
WITH A PERSONAL TRAINER?**

**MEET NEW PEOPLE AND MAKE NEW
CONNECTIONS?**

**JOIN A GROUP THAT'S FOCUSED ON THE
NEEDS AND AMBITIONS OF ITS
MEMBERS**

JOIN
US
NOW!



**HEALTHY BODY,
HEALTHY ME!**

**INTERESTED?
PLEASE CONTACT**

JASON

AT

074 91 29630

OR

jason.doherty@donegalyouthservice.ie

Donegal
Youth Service
Youth Work Ireland



LET SLEEPING



Fatigue and inadequate sleep quality are common among second and third level students approaching exam season. Students with symptoms of sleep disorders are more likely to receive poorer grades in particular classes (i.e. math, reading and writing) than their peer groups without said symptoms of sleep inequality. Further research into insomnia in College students concluded that they are dealing with significantly more health issues both physically and psychologically compared to college students without insomnia.

Lack of adequate sleep can have the following effects on an individual ability to study:

- Impaired ability to intake information
- Impeded ability to memorize new information
- Impairments in recalling information that has already been memorized
- Impaired focus
- Impaired attention span

Also:

- Mood deterioration
- Inability to feel motivated
- Decreased lifespan of motivation
- Decreased energy
- Decreased appetite

Not getting the sufficient levels of sleep per night can substantially affect how we think, and function. For example, impaired sleeping or sleep deprivation has been indicated to provisionally reduce the effectiveness of the brain systems that governs management organisation, planning, and problem solving. Suggesting that prioritising work, homework or even exam strategy may be in jeopardy when such systems are not fully operational.

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STUDENTS LIE

Pulling “all-nighters” and sleeping in late on the weekends, can also disrupt sleep

The all-famous study tactic of “all-nighters” is not necessarily the most efficient strategy of preparation for exams or studying. As students that employ this strategy are more likely to receive a poorer grade point average. Additionally, when students are waking up at later times during the weekend, this disrupts the body’s expected wake time. The internal body clock is either content with the consistency, or constantly getting used to new expected wake times. Which reasonably indicates that every Monday, the body must readjust to the new wake time. Which in turn, could hamper the intake of information for the day.

So, who’s at risk and what does it mean?

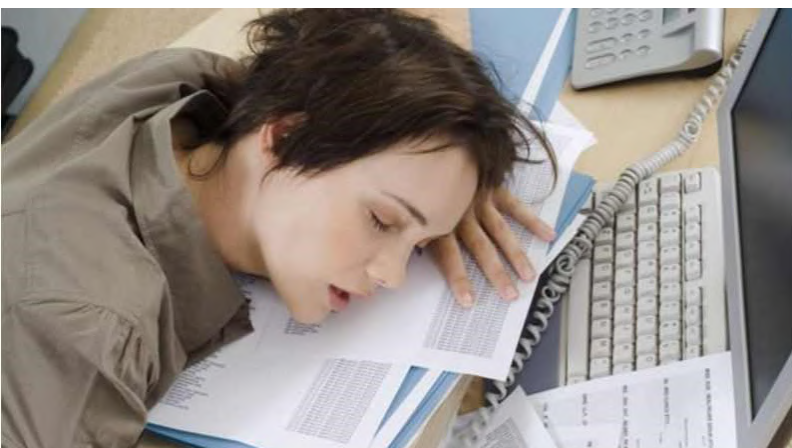
It has been suggested that approximately 27% of students may be at risk for at least one sleep disorder, and sleep disorders are vast and wide ranging. Some of the more common being insomnia, restless legs syndrome, circadian rhythm dysregulations and hypersomnia. The effect of inadequate sleep on cognitive performance has been recorded, revealing a correlation between sleep quality and grade point average in first year university students.

Lack of needed rest has been shown to have an effect on working memory also. One predominant example would be on filtering efficiency (the ability to filter out irrelevant information from entering working memory), which is a hindered process with insufficient sleep levels, along with reaction time to external stimuli.



Our tips for better sleep hygiene:

- Be consistent. Wake up and go to bed at the same time every day.
- Make sure your bedroom is quiet, dark, relaxing, and at a comfortable temperature.
- Remove electronic devices, such as TVs, computers, and smart phones, from the bedroom.
- Avoid large meals, caffeine, and alcohol before bedtime. Caffeine is a stimulant that can make you more alert and limit restfulness. It is also a diuretic that can increase your need to urinate at night.
- Get some exercise. Staying active helps in getting restful sleep. Try to get 150 minutes of moderate exercise each week.
- Increase your exposure to light. The lack of Vitamin D is linked to a higher risk of sleep disorders. Consider increasing your exposure to light during the day.



References

“College students: getting enough sleep is vital to academic success” & “Effects of sleep loss and circadian rhythm on executive inhibitory control in the Stroop and Simon tasks” & “Mister Sandman, Bring Me Good Marks! On the Relationship between Sleep Quality and Academic Achievement” & “Visual Working Memory Capacity Can Be Increased by Training on Distractor Filtering Efficiency” & “Causes and consequences of sleepiness among college students” & “How Lack of Sleep Impacts Cognitive Performance and Focus”

BEING INDEPENDENT - MANAGING YOUR OWN FINANCES

When people talk about managing finances some people think "I don't need to worry about that, I'll be fine". Realistically, it's scary.

For anyone moving out of home into their own place or sharing with others or into student accommodation there is a lot to think about. If you are renting privately don't take the first place you see. Always view the accommodation before you hand over any money, there are scams that will pose as letting agents but are just out to take your money. They will try to get you to hand over money without viewing a property first and you may never hear from them again. Renting privately also means that you need to consider all the costs involved:

Rent, Electricity, Bin charges, Broadband, Heating for the colder months, TV license and of course Food.

You may also have to consider petrol costs, bus tickets or taxi fares depending on where your accommodation is in relation to your workplace or college/university.

You are now in charge of everything yourself for the first time. Your money won't last forever, spend it wisely. Distinguish the difference between what you NEED and what you WANT very quickly, you will thank me for this advice later. If you really want something and have all your bills paid for, all the essentials to keep a roof over your head and food in your belly and a little saved by for emergencies then you can afford to treat yourself....but only after you are 100% certain all the bills etc are paid.

Learn how to cook. This will save you so much money. It can work out cheaper to make a big pot of curry/bolognese/soup/stew and save the excess for again. As long as you learn how to freeze, defrost and reheat properly then you can always make extra and store the leftovers to use again for lunch or dinner. It can work out cheaper to buy the bigger



packets of things, always check the prices in stores (and shop around, prices vary from shop to shop). Make a shopping list before you go shopping AND STICK TO IT!! This will stop you from buying things you want over what you need.

Always put a little money aside for emergencies. What if you need an extra bus fare than what you allowed for in your budget because you need to go to the doctor? What if the washing machine breaks down and you need to use a launderette until the landlord gets someone out to fix it?

Keep an eye on your bank account for any transactions you don't recognise. Be careful signing up to "special offers" or "freebies" online, especially if they want your bank details even for something that is free, always read the small print. There is usually a condition that if you sign up then you are allowing them to take money from your phone credit or bank account once a week/month.

There are apps that you can download to see where your money is going and if you are overspending on something that you could cut back on. If you search for Budgeting Apps in the App Store you will find loads of different apps there.

If you have any questions about this topic or any other topics please call in and talk to our team- Letterkenny Youth Information Centre at Donegal Youth Service, Port Road Letterkenny or email yick-letterkenny@donegalyouthservice.ie



Learning Opportunities For Teens

LOFT ART GROUP

TUESDAYS 6PM-8PM

Ages 12-18yrs

All abilities welcome

**For more info or to book a place -
call us on 074-9129630**



Donegal
Youth Service
Youth Work Ireland



MEDIA GROUP

INTERNET ● DIGITAL
FILMMAKING ● PUBLISHING

EVERY TUESDAY 6-8PM

CONTACT: 0749129630 OR E MAIL
NIAMH.MURPHY@DONEGALYOUTHSERVICE.IE

MEDIA GROUP



The Media Group has been run by the Youth Information Centre for over a decade and is still going strong. This current participants have enjoyed a range of activities including movie nights, gaming nights, video editing, photography and have even had a couple of nights experimenting with video recording equipment which resulted in some interesting footage. But media group is not just about playing with equipment. There is a lot of emphasis put on working as a team to help them improve their communication skills and their abilities to co-

operate and compromise to achieve their goals.

"I really enjoy the group" says Jude Lafferty, a member of the group "it's not just sitting about learning stuff, we actually get to put what we learn into practice and have the craic while doing it."

If you or a young person you know would be interested in joining the Media Group contact Derek Callaghan on 074 91 29630 or email derek.callaghan@donegalyouthservice.ie



DONEGAL YOUTH SERVICE CELEBRATION NIGHT 2022

The Donegal Youth Service Annual celebration night took place on the 16th November at the An Griannan Theatre after 3 years absence due to the Pandemic. The celebration night was an opportunity to highlight the fantastic work of the Donegal Youth Service, who work tirelessly all year to support young people throughout the County. The night was a tremendous success with a full house and over 300 young people in attendance.

The atmosphere was electric as the audience all started dancing in a spontaneous eruption of joy and enthusiasm when the Ceolan School of Music from Inishowen got into their full stride. Davin Crawford pictured below was a very popular winner of the Young Person of the Year award. Davin was the host for the night and his easygoing manner proved very popular with the young audience members.





Grace Collett from the Creeslough Youth Club gave a beautiful performance alongside Marigold who performed for the very first time on stage. Ella Fitzgerald from Falcarragh gave a powerful vocal performance and local young band the Ephades opened the show with aplomb. Maria Coyle won Youth Club volunteer of the year alongside Hannah Toye from the Creeslough Youth Club who was honoured for her brave and selfless actions following the Creeslough tragedy.

The voluntary spirit at the heart of the work of Don-

egal Youth Service was evident with Youth Clubs from Magheroarty, Moyne Donegal Town and Inishowen all present on the night. Stephen O'donnell was a very popular winner of the DYS volunteer of the Year award.

Lorraine Thompson the Regional Director of the Donegal Youth Service was full of pride following the event, "Its just so wonderful to celebrate the work of Donegal Youth Service and to see the joy and enthusiasm of all the young people"





ASPIRE INISHOWEN



Donegal Youth Service (DYS) launched the New ASPIRE Inishowen Youth Project on Friday 30th September at the Inishowen Gateway Hotel. The project is funded by the Department of Children, Equality, Disability, Inclusion and Youth (DCEDIY) under the funding line UBU, Your Place, Your Space and administered by Donegal Education and Training Board (ETB). The project is one of eight separate UBU projects across the country and is the first new mainstream youth funding to come to County Donegal in many decades. This local launch was preceded by the National launch of all eight Projects by Minister Roderick O' Gorman in July.

DYS was the successful tender to provide a targeted programme for young people aged 10-24yrs living in Buncrana, Carndonagh, Clonmany and Moville.

DYS has strong links across the Peninsula and is in a

position to 'hit the ground running' with highly skilled staff who were assigned to the Project. ASPIRE Inishowen commenced in January 2022 and has operated across the geographical areas since. Initial target numbers of participants engaging of 100 per year have already been exceeded, thus showing the need for such a service in the area.

The newly formed Youth Advisory Group attended the National launch with the two ASPIRE staff members and indeed enjoyed an overnight stay in Dublin as well as taking in a tour of Glasnevin.

In attendance at the ASPIRE Inishowen launch were various professional agencies, County Councillors, Principals, teachers, School Completion Officers, youth groups, parents, Donegal ETB Youth Development Officer, staff and management, as well as DYS staff and management.

INISHOWEN LAUNCH

Three of the Youth Advisory Group took a leading role in MC of the proceedings. Ms. Anne Mc Hugh Chief Executive of Donegal ETB spoke of how appreciative Donegal ETB was to have attracted a line of funding to the county from DCEDIY. The Area Profile and Needs Assessment carried out by Donegal ETB was essential in obtaining the UBU Your Place, Your Space funding. Ms. Lorraine Thompson Regional Director of DYS gave an overview of the ASPIRE Project and its successes to date. Both speakers hoped to have additional money coming to Donegal as there is a high need for quality youth services such as ASPIRE Inishowen in other rural areas of the county. Two videos were screened, the first was young people's experiences of participating in ASPIRE Inishowen, the second was the Minister's official launch.

Ceolan School of Music Youth Club entertained the crowd with fantastic traditional Irish melodies and we thank them for their entertainment and good humour. Thanks also go to the Hotel and the staff for their attention to detail, food and service. Thanks to Yvonne, the ASPIRE staff member for her hard work preparing for the event alongside the Youth Advisory Group. Finally, DYS would like to acknowledge everyone who came along to support the launch.

For further details on how you can become involved with ASPIRE Inishowen or any other DYS service, please contact Donegal Youth Service on 074 9129630, via email Yvonne.tilley@donegalyouthservice.ie or check out our website on www.donegalyouthservice.ie



TIME TO MOVE—DISCOVER WA

There are many opportunities in Europe for young people from Ireland. Especially those with fewer opportunities, such as unemployed young people and early school leavers. Time to Move activities are organised by Eurodesk experts and offer young people the opportunity to prepare themselves for physical or virtual projects. They can browse through webinars, information sessions, opportunities for personal guidance or physical activities near them, and start planning ahead.

Working, studying, training or volunteering

in Europe can be especially beneficial to young people struggling to find their place in society. Often this information doesn't reach the people who need it most. The Time to Move campaign from Eurodesk, the Europe-wide information network for young people, aims to put this right.

This year in Letterkenny and Sligo, three amazing teams worked together on the exciting TTM events. Donegal Youth Service supported events in Sligo and Letterkenny where TY students were invited to the European Solidarity Corps presentation.



WAYS TO EXPERIENCE EUROPE



Europe is open to you!

“It is very important to have places where young person can go to and ask all the questions about their next steps- whether they want to study, or take a gap year and explore the world, or simply move to another country. The Europe is open to you, and here at Donegal Youth Service and Europe Direct centres we are always happy to provide reliable information and support young people’s development”, says Katarzyna.

If you want to know more about the European mobility opportunities contact Katarzyna on 0749129630 or

Katarzyna.kurzeja@donegalyouthservice.ie

Social media handle @yicletterkenny

More about Eurodesk:

More than 1,200 youth professionals work with Eurodesk in Europe to raise awareness among young people about mobility opportunities and to encourage them to become active citizens. As a support organisation to the EU education and training programme Erasmus+, Eurodesk provides comprehensive and accessible information on learning mobility to those who work with young people. Eurodesk youth information workers always make sure that the information they channel is relevant and timely. Eurodesk is managed in Ireland by Léargas.

IT'S OK TO NOT E

Do Christmas decorations put you in a bad mood? Do family meetings fill you with dread? Do Christmas carols irritate you? It makes some people uncomfortable when they see happy and together families and people in all of the advertisements for Christmas on TV. Sometimes people feel irritated and experience lower mood than usual when this holiday is approaching. Sometimes Seeing happy families on TV can make people feel a little shameful that their family is not like the perfect scenario on the TV, or that the holiday is one spent without a loved one. The truth of the matter is that Christmas can be a very stressful event that some people would count the seconds to be over with!

So, first of all you're not the only one who finds Christmas difficult.

It is normal to see happy people and families united at Christmas in adverts, which can exacerbate feelings of isolation. Especially for those who are going through a particularly difficult time. For a large amount of people, Christmas is more likely to give them feelings of:

Sadness

People often feel sadness closing in on Christmas. Perhaps due to a family loss, or family circumstances. You can talk to someone who is there to listen, or seek someone professional who is there to listen, but Remember, its ok to feel sadness at Christmas.

Isolation / Loneliness

People often feel Isolated during Christmas, maybe because this year they are not spending it with their family, which is understandable when you have done for a significant part of your life! If you are struggling, reach out to friends and family during this time, there is nothing wrong with communicating the fact that you are struggling. Communication can also lessen the feeling of isolation.

Anger

You can feel angry during Christmas too! Maybe all the joy and carols annoy you! Guess what? You're not alone. Many people find this time of the year frustrating and would actively be selective in what they watch, listen to or even who they talk to during this time, to manage this frustration.



UMBUG:

ENJOY CHRISTMAS



Grief

When those who have lost a loved one hit the Christmas time, it can be very hurtful and sad. This is a Christmas without someone. Know that is normal, and to reach out to those that love and support you, chances are you're not the only one who could use a listening ear!

Anxiety

People often feel anxious during this time. There is a lot of pressure after all! Presents, visits, family and friends and children! That's not a little feat. It understandable why this would induce an element of stress to your life. It's important to remember that you can stop what you're doing, take a moment, take a breath! Practicing mindfulness can be very useful to times of high stress. Also, you can always reach out if you feel like further assistance is needed. Reach out to a friend and or a professional.

What can you do?

Remember its ok to not enjoy Christmas, you are not alone as there are countless others who struggle with the idea of it, and who aren't a fan of the whole holiday in general. Remember to not feel obligated to spend the holiday in the traditional sense as how all of the adverts on TV portray!

Spend Christmas how you would like to, and if that's not ideal for you either, just remind yourself that it's ok, and normal.

If your finding this time particularly difficult, here at the Youth Information Centre, we offer listening ear support and other talking support services to help you through difficult times!

Contact us on: 0749129630, or email us on:
www.donegal-youthservice.ie

*From all of us
at Donegal Youth Service,
We would like to wish you
all a merry Christmas and
a prosperous new year*





BREAKOUT GLENTIES



BREAKOUT IS A YOUTH PROJECT FOR LGBTI+ YOUNG PEOPLE & THEIR ALLIES IN DONEGAL AGED BETWEEN 12 AND 30 YEARS. PROVIDING A SAFE SPACE FOR SOCIALISING, TRAINING, WORKSHOPS, RESIDENTIALS, 1-2-1 LISTENING EAR & SOCIAL ACTION PROJECTS.

WE ARE REALLY HAPPY TO BE ABLE TO RESUME FACE TO FACE DROP-IN FOR OUR MEMBERS & ANYONE WHO WOULD LIKE TO JOIN!

If you are interested in joining or would like to get more information you can email:

breakout@donegalyouthservice.ie

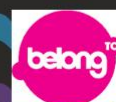
BreakOUTDonegal

Breakout_dys

Call: Pearl 085 740 2882



THE HUB, GLENTIES
FRIDAYS STARTING AUTUMN 2022
1:30 - 3:30 PM AGE 12 - 17



Donegal
Youth Service
Youth Work Ireland



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