

catalyst
for
change

SPRING BOARD
OPPORTUNITIES LIMITED

“ I moved half way across the world, started caring about others and got a post secondary education... I couldn't have done it without my first stepping stone... Springboard who sprung me into taking control of my life and gave me a fresh start... Forever Grateful.

Past Participant

“ Three years ago I was going nowhere fast no prospects or aims. Now I've got very valuable skills and qualifications and am the first person in my immediate family to go to university. I owe all the opportunities and experiences I've had in the last three years to Springboard and their staff

Past Participant

“ Springboard has just been one of those great organisations that put the needs of their young people first and foremost.

Past Participant

“ It has changed my life for the best, and I would recommend anyone to Springboard.

Past Participant



developing people

Developing people within a person centred ethos is the lifeblood of the organisation. Springboard passionately believes in the potential of each and every individual and their ability to positively impact society. Cornerstones to our learning process are mutuality & partnership; and a two way relationship between facilitator and learner based on respect.

Since 1992 we have been providing capacity building programmes to a range of groups and ages and across the arenas of employability, citizenship, diversity education and peace-building. We have extensive experience and specialism in working with young unemployed adults facing disadvantage, including 'hard to reach' groups.

We offer innovative formal and informal development opportunities which involve interactive workshops, adventure learning and can include unique international experiences, to give young people the opportunity to step outside of their comfort zone onto a remarkable journey of self discovery.

“ I'm not afraid of storms, for I'm learning to sail my ship

Aeschylus

“ As human beings, our greatness lies not so much in being able to remake the world... as in being able to remake ourselves

Mahatma Gandhi

working globally

Working globally is integral to Springboard. As an organisation, we recognise the increasing impact of an interconnected world on daily lives.

We are experienced in working on an international basis and have delivered capacity building programmes in a range of overseas locations. We are also experienced in working alongside our European counterparts in designing and developing curricula for an EU wide audience.

We are committed to increasing understanding of the global context and encouraging individuals to act as responsible world citizens; as well as promoting collaborative working & exchange with our global neighbours.



“There are no passengers on spaceship Earth. We are all crew

Marshall McLuhan



“The amount of young people you’ve helped turn their lives around should speak for itself. Without help and guidance from your staff I would be in a much darker place, and would definitely not have the confidence to be myself... you’re making Northern Ireland and the Republic of Ireland better places by making people realise they can be the change they want to see.

Past Participant

“If you’d met my daughter before Springboard honestly, you’d think they were two completely different people!

Participant’s Mother

“Before the programme I was ‘lost’ in life and suffering from severe mental health problems. I did not see a future in my life and was long term unemployed. My programme gave me a whole new outlook on life and I have been employed full time for the past 10 years.

Past Participant



promoting community cohesion and building citizenship

“Once social change begins,
it cannot be reversed.
You cannot uneducate the person
who has learned to read.
You cannot humiliate the person
who feels pride.
You cannot oppress the people
who are not afraid anymore.
We have seen the future,
and the future is ours.

Cesar Chavez

“Without inspiration the
best powers of the mind
remain dormant.
There is a fuel in us
which needs to be ignited
with sparks.

Johann Gottfried Von Herder

Springboard embraces its' responsibility in positively promoting community cohesion and building citizenship. Through our work, we actively support sustainable development based on shared futures, an understanding of civic rights and responsibilities at a local & global level and building positive relationships across groups within communities.

This includes building social responsibility and supporting participants 'to give back' to their community through service/social action activity and so underpinning learning around co-operative working as well active citizenship.

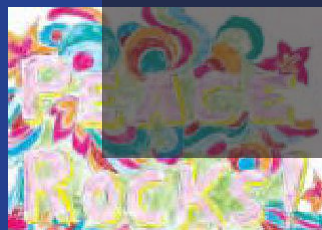
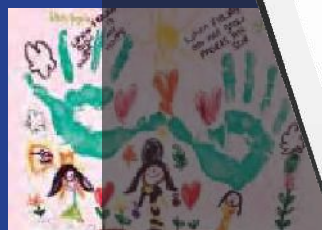
We also celebrate positive role models in our society and their inspirational influence on others through our **Inspiration Awards**, which we launched in 2010. The annual award ceremony is held on United Nations International Day of Peace on 21st September and provides a unifying and high profile opportunity to celebrate our inspirational citizens.



project
poets...

Springboard

Springboard is the place to be
You don't need to pay a fee
Feeling lost? Need some direction?
Take time out for some self-reflection
Adventures and challenges will lie ahead
It's better than lying in your bed
Don't waste your time and life away
Get up, go out and seize the day
Want to travel and develop your talents
Sort your head out and find some balance
Change your ways, open your mind
Seren within you can only find
Know what you want, but don't believe
Lacking confidence, think you won't succeed
But take control and change your state
Self relief will determine your fate
Come find the path you want to chase
Conquer your fears and set your pace
Fly alone, don't be frightened
Soon horizons will begin to widen
So take a chance, dare to be different
Make those dreams come true
Don't give up, keep believing
Your futures up to you.



Sunset Smile

Your smile returns to my view
Late in the day
Like a beautiful sunset
Going elsewhere, always on its way
I soak it in

The onion skin paper defences of my heart
Very thin
Very thin
Extremely risky, but I want to win
So that I might find and keep a smile like
yours forever

Rejoice

Live for tomorrow
Tomorrow's much too long
To wait to live
I want more than life
I want what life can't grant me
I want love peace kindness
I tear my heart out
And scar the sky
With pink ribbons
Angel's wings
Blue clouds
And let the feelings
Of a million screaming people
Open out and turn the noise
To worship and faded cries
Of sadness and tears
To joy and unmade happiness
Rejoice is the plea
The whisperer is me.

IF there's to be peace in the world
There must first be peace in the countries
IF there's to be peace in the countries
There must first be peace in the cities
IF there's to be peace in the cities
There must be peace between neighbours
IF there's to be peace between neighbours
There must be peace in the home
IF there's to be peace in the home
There must be peace in the heart.



INTERNATIONAL DAY OF PEACE - 21ST SEPTEMBER



PEACE DAY - EVERY DAY

We are caught in an inescapable network of mutuality... whatever affects one directly, affects all indirectly. Martin Luther King

centre of learning

“I am not a teacher, but an awakener.”

Robert Frost

As a centre of learning, Springboard develops cutting edge learning platforms that include e-learning packages.

Since 1992 we have built extensive experience in developing bespoke formal & informal programmes that weave content and delivery methods in a creative and innovative way.

We have OCN accredited centre status and have expertise in designing accredited courses on the national QCF framework in areas such as personal and social education, professional development, leadership, good relations and diversity education and we can also tailor learning to meet particular needs.

pathways to work

citizenship and diversity

career skills

good relations

personal well being

life skills



building peace



“When the power of love overcomes the love of power the world will know peace.”

Jimi Hendrix



Building peace at grassroots & cementing a culture of non-violence in society, is interwoven into the fabric of Springboard's work. Starting out in the early 1990's as the 'Troubles' were being played out on the streets, through ceasefires and the evolving peace process, we have been committed to addressing key issues that can sustain reconciliation and peace-building.

Highly experienced in working with cross cultural groups, we have extensive expertise in building and delivering innovative reconciliation programmes of action within and across communities.

Also in 2007 driven by our desire to ensure and celebrate peace as a cornerstone of our society Springboard began the Peace Day Campaign. The Campaign raises public awareness and encourages all citizens, organisations and government bodies to privately or publicly mark United Nations International Day of Peace; and rededicate an ongoing commitment to non-violence where we live, work, learn and play. Further information can be found at peacedaycampaign.com

“Peace is not something you wish for, it's something you make, something you do, something you are, and something you give away.”

Robert Fulghum

valuing diversity

Since 1992 Springboard has promoted an understanding that all forms of harassment and discrimination are unacceptable, without this, we believe diversity work has little opportunity for sustainable growth. Valuing diversity is integrated across our work and provides a firm foundation in building and contributing to a society at ease with itself.

We have expertise in building transformative learning experiences across the continuum of diversity education. These include interactive learning experiences such as Holocaust Education which uses historical empathy to challenge racism and sectarianism; and encourages participants to actively engage in the local and global community to foster a society that values its citizens



“We should all know that diversity makes for a rich tapestry, and we must understand that all the threads of the tapestry are equal in value no matter what their colour.

Maya Angelou

working in partnership

Working in partnership is vital to Springboard's work. We have established networks and contacts globally across America, Canada Europe, Australia, South Africa; on a cross border basis and locally across a range of sectors and groups.

“For something great to happen there needs to be a union of ideas, events and great people.

Anonymous



“ Hey, I did the Youth and Community programme in 2009. It changed my life..... cheesy, but so true. It gave me hope, at a time, where I felt hopeless. I was in charge of a youth centre for sometime, continued volunteering with Lighthouse, and now work with young people with learning disabilities. I studied the Certificate in Youth Studies in UUJ. The life experience, provided by Springboard, enabled me to get the job I now have. I have a little girl who is nearly 2 and she will have much more opportunities in life because of what Springboard did for me. Thank you.

Past Participant (facebook)

“ I just want to say a big thanks to all the staff and amazing people I've met during my time on Springboard journey doing Directions and Options. Like a year ago I had no confidence. Wasn't going nowhere and didn't want to do anything about changing it, then I got the chance to change my life by doing these courses and I did change my life, I'm sky rocketing with confidence now, I'm more determined to do things with my life and go places. Thanks a lot you've changed my life completely I'm much better person now and I've met so many friends that I'm going stay friends with for life, and I met my amazing girlfriend.....on the course I've never been so happy. Thanks for everything again.

Past Participant (facebook)

“ Absolutely changed my life. It helped me believe in myself and abilities. I am now running my own business thanks to doing a Springboard programme. Springboard helped me believe in my talents and abilities.

Past Participant (facebook)

“ Hiya hows u and everyone from Springboard? Miss yess all! I'm heading over to New York on a soccer scholarship for a year. If it wasnt for Springboard I dont think I would have had the confidence to do it. The Springboard course I did was the best thing I ever did thanx! Tell everyone I said hello!:)

Past Participant (facebook)

thREAd

‘An invisible red thread connects us all and while it may stretch or tangle, it will never break.’

Anonymous

As an organisation with charitable status, Springboard is committed to delivering charitable activities but then the organisation asked itself the question ‘could it do more to deepen social impact?’ The result was a ‘charitable social responsibility’ model which we called thread. Drawn from an ancient Chinese proverb, the name recognises humanity is connected by visible and invisible means and each and every act can have an impact on someone and somewhere else. The model has four interrelated aspects

‘An invisible red thread connects us all and while it may stretch or tangle, it will never break.’

Service Delivery Giving - Double Benefit

Springboard's service design and delivery builds in 'double benefit', where delivery will benefit a primary group but will also benefit at a secondary level. Secondary benefits can impact on a group, organisation and/or area.

Employee Giving - Payroll Giving

Springboard employees have an opportunity to contribute to giving by making payments directly from their pay to a charity of their choice.

Workplace Giving - Volunteer Days

The organisation supports employees to volunteer at a charity of their choice / provide time to deliver workshops to under-resourced groups.

Organisational Giving – Peace Day Campaign

Springboard is committed to building peace and since 2007 has promoted awareness and support of UN International Day of Peace held annually on 21st September.



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