



springboard opportunities

E-Zine

AUGUST 2024

Welcome to our First E-Zine!

Springboard are delighted to lead our first Journeys E-Zine in partnership with Roe Valley Residents Association, Creggan Enterprise and, Cavan & Monaghan Education & Training Board.

This newsletter will keep you updated on our PEACEPLUS programme progress and activities.

What is Journeys?

Journeys is a PEACEPLUS Youth Programme offering diverse development opportunities for young people. Journeys empowers participants to realise their potential and actively contribute to building a shared and united society. Through a variety of dynamic programmes in each partner location, Journeys inspires youth to take action and create positive change.



NEWS

Let's Go Hydro!

Springboard brought our young people together this July for an exciting trip to Let's Go Hydro!

The trip kicked off the start of several programmes under Journeys that Springboard are running this year.

The group enjoyed a day on the water making their way across challenging obstacle courses, followed by lunch to round off the afternoon.

The young people were able to meet other participants from across various Journeys programmes.

You can see a video of the events on our socials.

Instagram: [springboardopps](https://www.instagram.com/springboardopps)



NEWS

Airtastic!

Ignite's 14-17 year old group attended Airtastic to celebrate the commencement of their programme!

Ignite's participants used this as an opportunity to explore elements of team building and connect with one another through competitions and obstacle courses.

The young people were able to collaborate with each other to overcome these challenges and build on their relationships together.

Small Group Sessions

Small group sessions are in progress across several of our programmes this month. These sessions give young people the space to interact with their peers and youth workers on a more personal level at the beginning of the programme.

The Fuse programme celebrates and fosters an environment for young people with a creative mind set. Their small group sessions have taken place across some iconic creative hubs in Belfast this summer, including the Oh Yeah Centre and Show Some Love.

The young people worked together with the team to determine their hopes and expectations for the programme.

The Gamechanger programme encourages participants to construct aspects of self care and structure into their daily lives.

In their small group sessions this month Gamechanger's participants met each other for lunch in Belfast City Centre. The group took part in discussions surrounding goal setting and barriers they may face when trying to reach these goals.



RECRUITING NOW



Recruiting Now!

Journeys is recruiting now for participants across all programmes at Springboard, Roe Valley Residents Association, Creggan Enterprise and, Cavan & Monaghan Education & Training Board.

Each programme is needs-led and young person centered with a comprehensive focus on personal development, good relations and citizenship.

Participants will gain accredited qualifications throughout the duration of the programme.

Young people are invited to participate in the project that best suits their circumstances and needs.

A further description of each programme on offer can be found on the following pages.

A project supported by PEACEPLUS, a programme managed by the Special EU Programmes Body (SEUPB)

RECRUITING AT SPRINGBOARD



IGNITE

Ignite is a schools-based project for young people aged 14-17 that encourages participants to build on their personal confidence and self-esteem. This programme supports a younger age group in making connections and meeting new people.

FUSE

Fuse is an interactive and creative programme focused on experiential learning that encourages young people to explore new perspectives. Young people will explore different forms of creative media such as podcasts, animation, music and event planning.



GENER8

A youth led programme for participants eager to develop their leadership abilities. Young people will define their interests and passions while shaping their own journey and experience on the programme.

GAMECHANGER

A programme focused on developing aspects of self care and structure in the lives of young people. GameChanger prioritises goal setting, support and mentoring to help young people make positive choices that will enrich their wellbeing.



XCELER8



A leadership programme investing in young people from all communities. Xceler8 aims to upskill and enhance young people's leadership styles increase self-belief and advocate for issues they are passionate about.

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RECRUITING AT RVRA



DEFINE 2.0

Define 2.0 Project works with young people ages 14-16. The programme includes workshops, residentials and social outings enabling participants to engage in positive social connections with young people from different community backgrounds and cultures. Lotus supports young people to build confidence and self-esteem whilst exploring their own personal skills and qualities.

LOTUS

The LOTUS project will cover themes that include Good Relations, Mental Health, Employability and Personal Development. Additionally, the project will offer the young people an opportunity to build confidence, set personal goals, complete accredited qualifications, explore cultures & traditions, improve emotional and physical wellbeing, avail of 1-1 support whilst indirectly connecting and building friendships with their peers in a safe space.



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RECRUITING AT RÁTH MÓR



LIFEHACK+

LifeHack supports young people ages 16-25 to build and develop life skills that foster good relations, build confidence and resilience to improve employability. The project provides social opportunities for young people to get involved with including organised monthly social events, creative events and showcases, residentials and day trips.

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A project supported by PEACEPLUS, a programme managed by the Special EU Programmes Body (SEUPB)

RECRUITING AT CMETB



OPTIONS

Options is a youth led initiative in which the young people will lead their own learning. Young people will be supported to work towards the goals they set for the programme allowing for the development of leadership skills.

FACEOFF

The Face Off programme is based around the medium of creative arts where young people nurture their personal development and social skills while also offering workshops from different artistic disciplines where young people can achieve their full potential.



ALTERNATIVES

Alternatives aims to engage young people in an informal learning environment, to establish beneficial routines and positive social interactions. Young people will engage in a range of small group-based programmes and activities that meet their educational and social needs as well as their interests. The programme advocates a strength-based approach and is voluntary.

Contact:

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To find out more about these exciting new programmes please contact the project partner in your area: