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**WE'RE ON THE WEB!**

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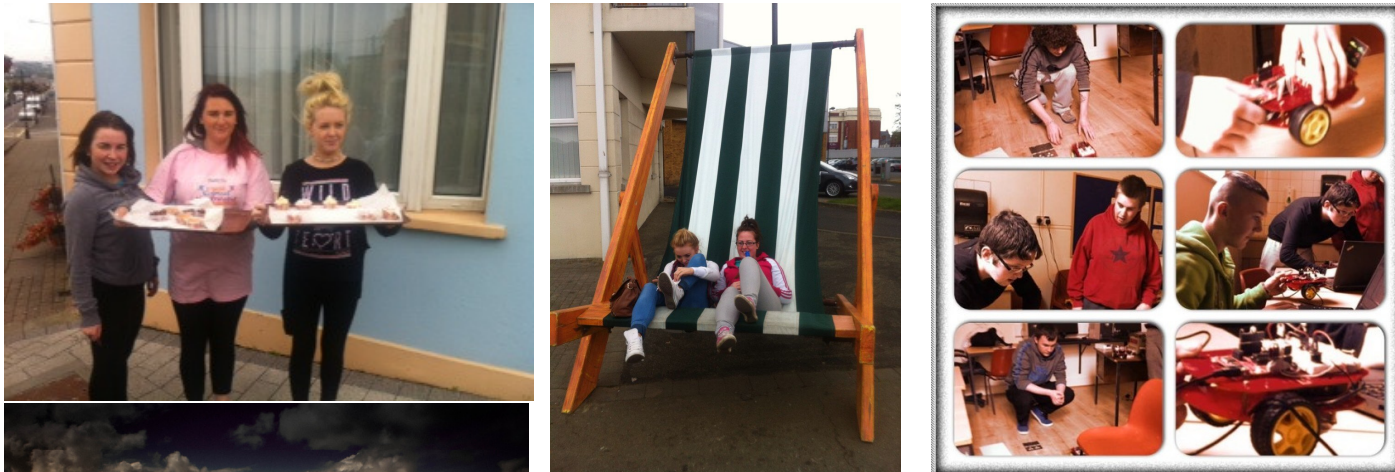
**TWITTER: @ DONEGALYR**

## Summer Programmes Round Up

Centres had busy summer programmes during June and July. Below are a selection of photos illustrating what they got up to. You can see more photos on our Twitter account (@DonegalYR).



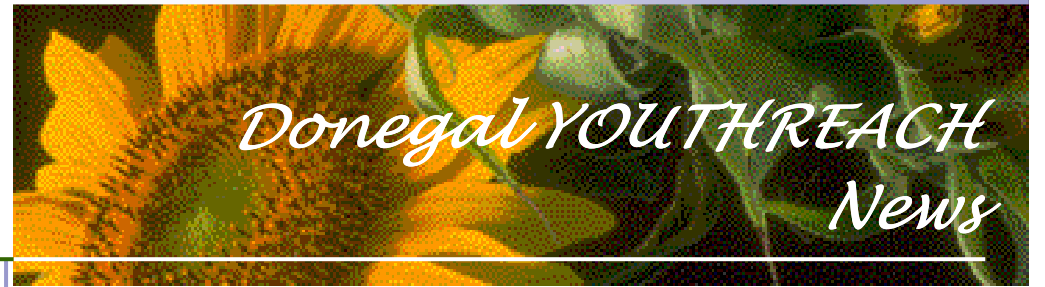
L-R: Ballyshannon visit Boda Borg, Lough Kee Forest cycling in Gartan OEC and glamping in Teapot Lane, Leitrim.



Clockwise, top left: Buncrana supported Feel Good Fortnight in the town in July by handing out tray bakes to passers by and held a robotics workshop; Lifford undertook a community art project; Letterkenny had a busy residential in Killary; Gortahork visited Titanic and went kayaking.



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*Welcome...* to the third edition of our 2014 newsletter. Centres had busy summer programmes during June and July which you can read about on p.4 and indeed, on our Twitter account. This included further work on Restorative Practices, including a masterclass on the restorative classroom with leading UK expert Dr Belinda Hopkins. This work was funded by the Peace III programme which has now come to an end. Learners spent 3-4 weeks on work experience in July, before their summer holidays in August, with centres reopening on 25 August. The next edition of the newsletter will be available just before Christmas. In the meantime you can keep up to date with us on Twitter—@DonegalYR

*Dr Sandra Buchanan, Youthreach County Coordinator*

## Team Gortahork Wins Youthreach 2014 Masterchef Final!

On 16 October the annual Youthreach Masterchef final took place in Letterkenny Youthreach centre. Teams of two from each centre competed to create a main course and dessert on a budget of €20. The final was judged by Education Officer Anne McHugh and Highland Radio Breakfast Show DJ John Breslin. The winning dishes were made by the team from Gortahork—Rosin Duggan and Sinead Doran who made fancy fish and chips with chunky pea puree and homemade tartare sauce, followed by French chocolate pecan torte. The Buncrana team (James Leidham and Craig Brogan) were runners up with their baked salmon with cashew nut stuffing and lemon sauce, followed by wild berry and white chocolate bread and butter pudding. The other teams were Alan McBrearty & Chelsea Duffy (Ballyshannon) who made lamb cutlets and a selection of vegetables, followed by carrot and walnut cake; Shaun Callaghan and Aine Mc Laughlin (Glengad) who made chicken in a bacon and mushroom sauce with savoury rice, followed by mint aero cheese cake; Ryan Gormley and Shane Valentine (Letterkenny) who made Thai green chicken curry, followed by banoffee pie and Aine McMahon and Josh Mc Bride (Lifford) who made fit n' healthy fish goujons with healthy fries, pea puree and salad, followed by chocolate sponge cake and ice cream. You can view more pictures on our Twitter account (@DonegalETB).



Pictured l-r: the winning dishes made by the Gortahork team of fancy fish and chips with chunky pea puree and homemade tartare sauce, followed by French chocolate pecan torte; the runner up dishes made by Buncrana of baked salmon with cashew nut stuffing and lemon sauce, followed by wild berry and white chocolate bread and butter pudding; participants and tutors with judges Anne McHugh and Highland Radio Breakfast Show DJ John Breslin.





## Lifford Complete Ray for 5K Run!

Pictured left are learners and staff from Lifford Youthreach with Today FM DJ Ray Darcy when they participated in the Ray for 5K run in Letterkenny on 15 September.

## Ballyshannon Embrace a Healthy Lifestyle!



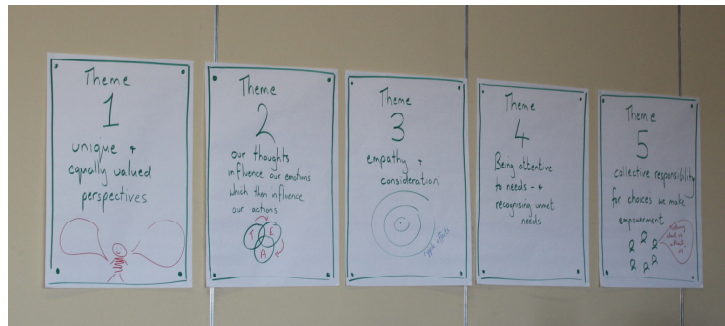
Tutors & learners just back from their walk: (l-r): Jo Boden, Sean Redmond, Sean Cassidy, Jimmy Ward, Tommy Duffy, Cody Granaghan, Ciara Heraty, Aoibheann Granaghan, Alan McBrearty, Ben Sweeney, Hannah Heron, Jude Nugent & John Richards.



After the huge success of their Health Promotion Week last term, Ballyshannon Youthreach have decided to embrace this lifestyle and incorporate it into their daily and weekly routines. New to the timetable this term is a 10 minute brisk walk every morning to wake up bodies and minds! Learners make delicious fruit smoothies on a Monday morning; a great way of getting their daily fruit intake. Homemade brown bread (pictured) is on the menu for breakfast in the mornings too. Also in the centre this month, both learners and staff alike have decided to take on the challenge of "Stoptober". "Stoptober" is an initiative aimed at promoting the month of October for people to try and quit smoking. So far, so good! Also, continued on from last term, is a weekly trip to the gym or pool which learners really enjoy.

## Restorative Practices Masterclass with Belinda Hopkins

On 26 August, staff from across all Youthreach centres in Co Donegal completed a day's training on the Restorative Classroom with Dr Belinda Hopkins, author of the Restorative Classroom and one of the leading restorative practice practitioners in the UK. The restorative classroom centres on five themes which underpin day to day interactions in any organisation that has adopted this way of working: unique and equally valued perspectives, thoughts influence emotions, and emotions influence subsequent actions, empathy and consideration for others, identifying needs comes before identifying strategies to meet these needs, collective responsibility for the choices made and for their outcomes. Circle time and circle meetings build the foundations for a restorative approach. As Belinda notes '...if a school thinks of a restorative approach as an occasional bolt-on, or as a last resort when authoritarian or punitive responses have not worked, then very little change will be seen, either in individuals' behaviour or across the school community.' (*Restorative Classroom Practice*, p. 5) The day, centred on the five themes, was practiced through circles and concentric circles and looked at restorative staff meetings and learner needs.



## Youthreach Fundraises for Childline

All Youthreach centres hosted a Cheerios fundraising breakfast for Childline during the last few weeks, raising around €500 for this worthy cause. Well done to everyone!



## Youthreach Places on Donegal Youth Council Filled

Donegal Youth Council has just finalised the election of new Youth Councillors. This year the format has changed in order to give every school and organisation representing young people a seat on the Council. Two places have been allocated to Youthreach in the County. These have been filled by Aine Mc Laughlin (Glengad) and Christopher Toner (Buncrana) Two substitutes were also elected; Shauna Doherty (Glengad) and James Leedham (Buncrana). Their term of office covers 2014-2016. We would like to wish them all the best with the work ahead!

## Walking & Talking for World Mental Health Day



Learners and staff undertook a Walk & Talk on Friday October 10th to promote the "5 a day for positive mental health" on World Mental Health Day (Connect (talk), Be Active (walk), Be Aware, Get Involved, Give). This was promoted through Jigsaw Donegal.



## Youthreach Participate in Girls Active

All centres have been successful in receiving Girls Active funding from the HSE for the year ahead. The programme is aimed at girls who do not normally get involved in sports/physical activities and has proved very successful in centres. Staff attended training on 17 September and it's now all systems go!