

Knocknacarra Area Youth Project UBU



Group Work Timetable September 2024 –

December 2024

Phone – Email – Drop in

| Day | Group | Day/Time | Description |
|-----------|---|-------------------|---|
| Monday | Lego Group (10-12 years) | 3.30-4.30pm | Lego challenges, competitions and opportunities to work as a team and be creative within a safe environment. There will also be future opportunities to attend Lego workshops and STEAM events and showcases. |
| Monday | 1 st Year Drop-In (13-14years) | 4.45-5.45pm | An all- inclusive group for 1 st year students, with the aim to support the transition into second level education. Young people will come together in a safe space to build upon their personal development, peer relationships and becoming active members in their community. |
| Monday | Music Generation Rehearsal space (13-18 years) | 6.00 – 7.15pm | Opportunity for young local bands, to have a safe space to practice and rehearse their music for upcoming gigs. |
| Tuesday | Music Generation (10 – 12 years) | 3.30 – 4.30pm | Want to learn an instrument, have a space to sing or record, or just an environment to jam? All young people with any interest in music welcome! This group are collaborating with Music Generation Galway! |
| | Music Generation (13 – 18 years) | 4.45pm- 6.00pm | |
| Wednesday | Employment Skills (18-24 years) | 1.00 – 2.30pm | Support offered to young adults, seeking help with employability skills, driver theory test, CV and job applications. |
| Wednesday | Junior Social Skills (10-12 years) | 3.30 – 4.30 pm | This is an activity-based group where young people are supported to plan out activities, build social skills, work as a team and have fun through the means of cookery skills, craft making and STEAM. |
| Wednesday | Senior Social Skills (13-18 years) | 4.45-5.45pm | This is an activity-based group where young people are supported to plan out activities, build social skills, work as a team and have fun through the means of cookery skills, Barista Skills, Driver Theory and much more. This group is working in collaboration with Westside Youth Justice Project. |
| Thursday | Junior Youth Cafe (10 – 12 years) | 3.30-4.30pm | This is a space for young people to meet and socialise in a safe environment. This social skills group allows young people to access supports and engage in additional youth development programmes. |

| | | | |
|--------------------|---|---------------|--|
| Thursday | Senior Youth Café Drop-In (15 – 18 years) | 4.45-5.45 pm | This is a drop in space for young people to meet and socialise in a safe environment. This social skills group allows young people to access supports and engage in additional youth development programmes. |
| Friday | Junior Arts and Crafts (10 – 12 years) | 3.00 – 4.00pm | This is an activities group where young people are supported to plan out activities, build social skills, work as a team and have fun through the means of arts and crafts. |
| Friday | The Social Space (18 – 24 years) | 4.30-5.30pm | A participant-led group which gives people an opportunity to socialise and learn employability skills for 18 - 24 year olds. |
| Saturday / Ongoing | Individual Work (10-24 years) | Ongoing | One to one support for young people experiencing challenge or adversity in their lives. |
| | Life Coaching (18-24 years) | Ongoing | Individual life coaching supports the participants to achieve, overcome obstacles and making positive changes in their lives. |
| | Once off events / Workshops | Ongoing | Throughout the year additional opportunities will be made available to young people such as trips, workshops, national competitions, mid-term camps. |

Anne-Marie Keaveney – Project Worker
Phone:0867816134
E.mail: annemarie.keaveney@foroige.ie

Sarah Jackson– Project Worker
Phone:0861769807
E.mail: sarah.jackson@foroige.ie

Give us a follow on Instagram @ [foroigeknocknacarra](https://www.instagram.com/foroigeknocknacarra)

Knocknacarra Area Youth Development Project UBU is proudly supported by,



An Roinn Oideachais
 Department of Education