

OUR Generation website launches



We're delighted to introduce our brand new website!

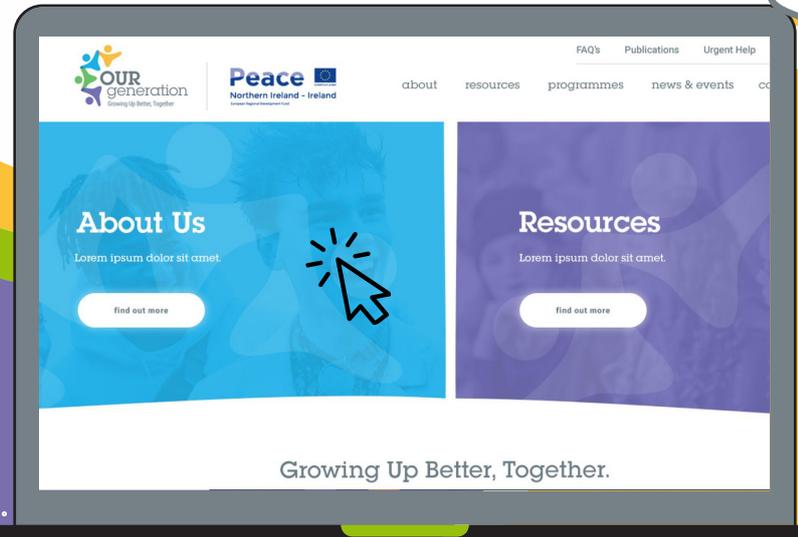
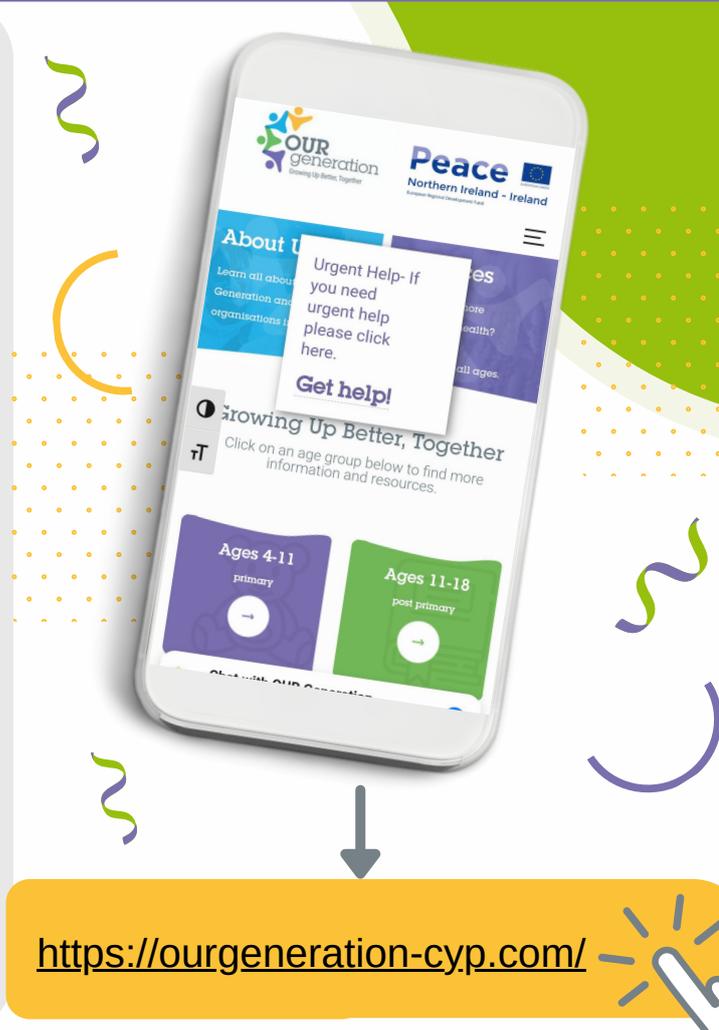
The website has been created so that the OUR Generation project is accessible to anyone, anywhere, anytime, allowing you to get the information you need, when you need it.

The website will have all the latest news and events from OUR Generation, inform you all about the project and go into detail with regards to the programmes being offered to help our children, young people and key contacts to Grow Up Better, Together.

We will be developing the site in the coming weeks and months, creating spaces where participants and the general public can access valuable information and resources in order to implement and maintain great mental health and help with peace building.

To visit the website follow the link by clicking here:

<https://ourgeneration-cyp.com/>



WELCOME to Issue 2 of OG News!



It's been a bumpy road since Issue 1, when the project was gathering momentum. We were looking forward to the New Year, with plenty of activity planned and much optimism that some normality would resume. Unfortunately, whilst partners had been able to continue with online delivery and blended approaches, lockdown measures caused most plans for face to face activity to be postponed and "Zoom fatigue" became part of our everyday conversation.

According to a recent poll for Network Rail and charity Chasing The Stigma, the pandemic has disproportionately affected the mental health of children and young people, with more than two-thirds (69%) of young people saying they are suffering a deterioration in their mental health during the pandemic compared with just 28% of over-65s. So there has never been a greater need for projects such as OUR Generation.

Now there is reason to be optimistic - throughout the Spring we started to see the green shoots of recovery. We have, and continue to see the Covid-19 vaccine rolled out, schools returned after Easter, and restrictions are gradually easing.

Once again, we have started to deliver face to face in schools and youth and community settings as planned, and demand for our programmes is high.

Children's Mental Health Week in February was a highlight for us which resulted in local media coverage of the project and positive testimonies about how important OUR Generation has been in dealing with the impact of the pandemic on young children.

We are delighted to announce the launch of our brand new website - which has been the result of months of hard work and research behind the scenes by partners and our communications co-ordinator, with input from the Children & Young People's Advisory Group. We expect this to become the heart of the project - an accessible platform for news and information on all things OUR Generation, but perhaps more importantly, it will be a resource for children, young people and key contacts, that will have a lasting legacy beyond the lifetime of this project.

- Carol Scullion **Project Manager**

Let's Circus Together...



Young people from North Belfast have been paired with children in South Belfast to take part in a circus programme through OUR Generation.

The young people, from Marrowbone Youth Group, were paired with the siblings of children with additional needs from Solas, an NI autism charity. Children and young people participated on the programme called 'Circus Together' which was delivered by 'In Your Space Circus'.

Circus Together is a 6-week online project which aims to match the development of circus skills with 'Good Relations' narrative and dialogue.

Participants have learned skills such as juggling, balance activities and plate spinning whilst at the same time exploring issues of self, difference, community and identity.

The sessions were a hit with the kids and adults alike - high energy, exciting and fun while staying safe at home.

Liz Carton from Solas group commented:

"We really enjoyed the first week it was nice for the Zoom to be so interactive and getting the children up and moving was brilliant. The children really enjoyed the session."



OUR Generation hits the Airwaves...



Schoolchildren who took part in OUR Generation were featured on local radio recently as part of Children's Mental Health Week.

Brothers Dara and Aidan, were invited onto BBC Radio Ulster to share their experiences and chat about taking part in Action Mental Health's 'Express Yourself' challenge. They were joined by school principal, Claire Robinson of Holy Evangelists' Primary School.

'Express Yourself' invited children to think of a word that described how they were feeling about the lockdown, then post a picture of themselves with their word whilst wearing a funny hat. Aidan (pictured) who is in P6, chose the word 'annoyed', as he said the lockdown had prevented him from doing things he normally likes to do.

Speaking on the John Toal Show, he said: "I found it a bit annoying because I really enjoy going to school, seeing my friends, and now I can't do that."

When Primary schools returned briefly at the end of August last year, Aidan's brother Dara (P4) learned to make a worry jar during a 'Healthy Me' session.

When asked what a worry jar was, Dara said: "It's like a jar, any type of jar, so first you put water in it, then you put glitter in for different words and if you want to you can add some poms, and then when you're worried about something, you'd shake it, and then just breathe and whenever all the glitter and pom poms have settled down, then you should feel calm."

The boys' school principal, Claire Robinson, described the importance of having OUR Generation in her school to address the needs of younger children. She said:

"When I spoke with staff from Action Mental Health, I asked, could we focus on our younger year groups, so really from our primary three and work our way up the school towards our primary fives and our primary sixes." She added:

"That was to give all our children, especially those younger ones, the resilience and the coping skills to deal with their own little worries and all the little anxieties they may have had, especially with that return to school at the end of August."

"If we can teach our children at a very young age, the skills as they get older, they will have those coping mechanisms to cope with whatever life throws at them as they move through life."

Claire acknowledged the challenges facing children, teachers, parents and carers at this moment in time, and spoke about how OUR Generation is helping to develop vital coping skills in very young children. She said:

"One of the most poignant things that I think OUR Generation actually used with the children, that people think that a feeling, if you're anxious or you're angry or you're upset or sad, that you will feel like that forever."

"I think that is a lesson for everyone to learn; that it is like the visitor who comes to the house, we don't want our visitors to stay forever, so these visitors will come, they stay a little while and then they move on. It's teaching all of us, the coping skills to realise that, yes, you may be having a bad day, you may be having a bad week but it will not last forever."

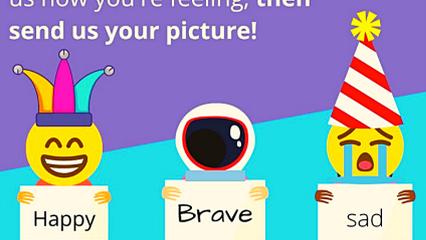
She added: "If we can teach our children at a very young age, the skills as they get older, they will have those coping mechanisms to cope with whatever life throws at them as they move through life."

#ExpressYourself

Children's Mental Health Week
Mon 1 Feb - Sun 7 Feb, 2021

WHERE'S YOUR HEAD AT?

Create or wear a funny hat, tell us how you're feeling, then send us your picture!



Listen again...

<https://www.bbc.co.uk/sounds/play/p0967pnp>

BBC
RADIO



For more on Children's Mental Health Week turn to Page 4!

For Children's Mental Health Week, each of the OUR Generation partner organisations produced videos that were shared widely across social media.

The team at PlayBoard NI featured the 'The Hand Model', which looks at coping mechanisms for when our brains 'flip our lid'. Youth Action NI showcased their LIFEMAPS model; 8 interlinked concepts that describe a full approach to positive mental health. Action Mental Health asked schools within Urban Villages and border areas where they had delivered to create or wear a crazy hat, then hold up a sign telling us 'Where's your head at?' Youth Work Ireland's video showed the 5 a day to mental wellbeing model - recommended for children & young people and adults. Ulster University's suggestion was to create a Feelings Tree - a craft activity children & adults can sit down and create together to help expression. Co-operation Ireland invited children and parents to get involved in making a worry doll - another great tool helping children express!

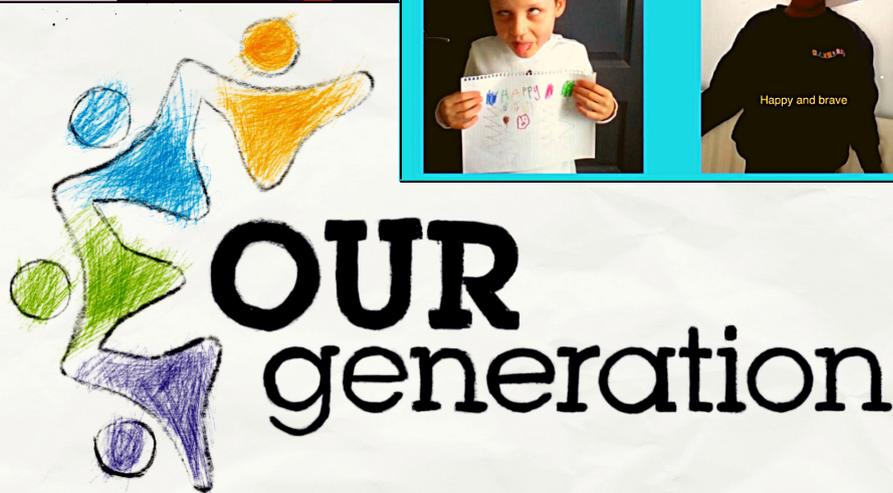


For the full videos visit OUR Generation on YouTube - don't forget to like & subscribe! <https://bit.ly/31j1JGI>

Balancing out the negative emotions with positive ones; not by forcing positivity, but by being open to new experiences, people and ideas to help us build a wider range of positive emotions like joy, inspiration, hope, awe and serenity.



TALK
LISTEN
BE THERE
FEEL
BE CONNECTED



supporting Children's Mental Health Week,
1st-7th Feb 2021

Growing Up Better,
Together



Children and Young People's Advisory Group –

The journey begins...

by Dean Farquhar & Annette Feldman (Youth Action NI)



Ensuring that young people play a central role in developing programme delivery is a key objective of OUR Generation. To amplify youth voice across the life of the project, a Children and Young People's Advisory Group has been established.

This group affords young people the opportunity to fully participate in OUR Generation by providing them with a forum to offer feedback on the efforts of partner organisations. Currently, the 14 member Advisory Group draws members from the Urban Village Areas; the border communities in Northern Ireland & the border communities in the Irish Republic.

The Advisory Group held its inaugural meeting on zoom in the run up to Christmas. In this meeting, the young people found out some more about their role within the project and provided feedback on a number of ice breaker activities commonly used by youth workers. Members found the 'two truths one lie' ice breaker better suited to online delivery than participating in the virtual grand national activity!

As Covid-19 restrictions came into force in the post-Christmas period, the Advisory Group participated in a number of informal catch-up sessions on Zoom and provided feedback on resources to YouthAction and Co-operation Ireland. With YouthAction, the Advisory Group had a 'Mission to Mars' session based upon the organisation's LIFEMAPS model for flourishing mental health.

This session included meditation, flow activities and target setting. It was well received by the Advisory Group, with members suggesting that the session helped them to open up about the challenges Covid-19 was presenting and learn about techniques to manage their mental health.

“
the important thing
is to make
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”

In its meeting with Co-operation Ireland, the Advisory Group were briefed on how the partners have sought to ensure that LGBTQ+ people are well represented in OUR Generation. At the request of Co-operation Ireland, the Advisory Group made a series of recommendations about how to run an inclusive residential for LGBTQ+ youth. This included:

- Create a safe space because some people might not be out and you want to make sure they feel comfortable in the group.
- Include workshops that address gender stereotypes.
- Allow for discussions about the importance of language.
- Have talks about LGBTQ+ history.
- Invite young LGBTQ+ role models to speak about their experiences.
- Make sure there are good ice breakers to help people get to know each other.
- Build in plenty of downtime to spend time with friends.

The spirit of the group discussion was aptly summed up by one young woman, who remarked that “the important thing is to make sure that everyone feels included”.

The Advisory Group has provided some feedback on the Northern Ireland Executive's mental health strategy, and they have also met with Action Mental Health to give feedback on the brand new project website. In the weeks ahead, they will meet with PlayBoard NI to hear about what they have been getting up to as part of OUR Generation, alongside developing structures to ensure the voice of younger children is represented. Busy times!



Time to Talk

To mark 'Time To Talk' day on Thurs 4th Feb 2021, OUR Generation project workers Jamie McNulty of Action Mental Health and Laura Doherty of Donegal Youth Service had a wee cross-border chat about mental health....



Jamie: "As you know, it's children's mental health week, but it's also Time to Talk. And we just want to let children and adults know that it's okay to talk about it. Talk about your feelings, talk about your problems, talk about your fears, your worries, whatever it is you want to talk about just get it out there."

Laura: "I think whenever people hear the words 'mental health', they automatically think negative and badly and become scared to even go near those word or even discuss their feelings, but it can be such a fun thing to learn and look after your mental health. It can be such a positive thing to look after you and obviously when you're looking after your mental health, things are going to start to look up and be more positive for you; so I suppose it's learning ways to look after your mental health."

Jamie: "I'm going to tell you what mental health is not - so it's not a sign of weakness, nothing to be ashamed about, and it is not all in your head. It's something you can't just decide you do or you don't have. You have a mind - you have mental health. It's not the same as being mentally ill, people that have mental illness, they can get better and they can function long and happy lives, but mental health is not the same as being mentally ill. It's not feeling good all the time, or feeling bad all the time, it's not something you can just snap out of. It's not fake news, it's real, it's here, it's prevalent, and there is stigma around it."

"Why do people think that they can't talk about mental health? We all have it. We don't have a problem telling people about our physical health... we all have a body - so why don't we talk about our mental health - we all have a mind. It's just how it is. If you have a broken arm, you're not going to keep that to yourself, you're not going to tell yourself 'I'll be grand' - you're going to go and get some help, so your mental health should be treated the same way."

Laura: "I always asked myself...I wonder why people are reluctant to come forward? Why are people even more fearful of speaking about Mental Health...and it is because of stigma."



"Stigma is a real thing, it's been here for years and it's here now more than it ever was, unfortunately. It's such an ugly word, and why does stigma stop us from talking about mental health? I think that social media plays such a huge part in every one of our lives. There's always these picture perfect lives being displayed on Instagram and Facebook and everybody has it all together and everything's great. And so sometimes that has the effect on people that, well, I have to portray that, I have the perfect life and everything's going really well, so I think that pressure of feeling the need to show that everything is okay and to not let people see the vulnerability - it's definitely a huge pressure."

Jamie: "People say your attention seeking if you say you need to talk about it - if you feel a certain way, if you feel really sad or really anxious. That's the stigma as well. And like you said, in the north and the south it's such a big thing - keep it to yourself, say nothing, keep quiet, you know, but that's not helping anybody. We've been trying it that way, it doesn't work, so try it a different way."

"What do we need to do now? We need to change what we have been doing because it wasn't working, keeping it to ourselves doesn't work, so we'll do the opposite. We'll talk about it. Make it the new normal. We ask how's it going, how's your day, what's the craic? - every day you meet people you say this to them, but are you really listening for their answers? Are you really telling someone how you actually feel, or what the craic really is? Maybe we should start - it might make us feel better."

“We need to change what we have been doing because it wasn't working, keeping it to ourselves doesn't work, so we'll do the opposite. We'll talk about it. Make it the new normal.”

Laura: "I think if we start talking about mental health on a more regular basis, we can get rid of that shameful stigma that unfortunately, is in our society. There's too many people that aren't getting the treatment that they need, and they're getting hurt, because they feel that there's nobody to really turn to anymore, and that people won't understand."

Jamie: "We work on the same project but we work for different organisations, but we got to know each other through lockdown, over Zoom. We talk to each other all the time about our mental health, like I am stressed sometimes, I'm anxious and nervous, and sometimes we just have a bit of a chat."

Laura: "Yeah, and it's something as simple as just saying, how's your day going... you know, like that's what we have been doing... just like a wee text here and there, you know, chatting over Zoom and stuff like that, making the most of how we can communicate in these times that we're in. It can be as simple as checking in with a friend and just saying look - I'm having a hard day, and I just need to go on a rant here and let it all out."





The **PlayBoard NI** team have delivered training sessions on how play builds resilience and supports positive mental health in children, to staff working in School Aged Childcare (SAC) Settings and schools within the Urban Village Areas across Belfast. The staff training is the first part of implementing their 'Spaces to Be' Programme in SAC settings, schools and community groups.

Participants enjoyed taking part in the staff training and found the experience very positive. One participant said: "Really good training, well presented, interactive and easy to understand. Looking forward to the next session." Another added: "Thank you for this evenings training session, I really enjoyed it and I have been inspired to look further into creative plan and children's resilience."

Participants' knowledge of play and resilience increased as a result of attending the training with key take-home messages as follows:

- How transgenerational trauma can impact on children
- Adversities children can experience
- How play can promote resilience
- The tools to support children to manage their emotions
- The 16 different types of play
- How we can incorporate the 7 Cs of resilience into our setting

Here are some other comments from participants who took part in the training: "This training has made me think about how quick I am as a practitioner to jump in and stop the play or take over the play. It is something I will work on now."

"Really well done and excellent presentation, I really enjoyed the scenarios and the training has got me thinking about what I would do in that situation. It has made me reflect on how I would deal with it."

The parental element of the programme has also been underway. Over the two sessions PB NI looked at the benefits of play and how it can support children's development, positive mental health and build resilience. As parents got involved in the type of play that builds resilience in children, one parent commented: "I didn't expect to enjoy that so much. "

During the sessions they discussed how to support children overcome failures/obstacles and how play is 'training for the unexpected'. They explored how play offers children opportunities to experience a wide range of emotions from euphoria, joy and excitement to disappointment, anger and frustration; which in turn helps them to identify and regulate their emotions.

The OUR Generation team at PlayBoard have produced a Parents' Guide which provides examples of the types of play that can support building resilience in children at home. Some parents expressed that they had started to use the activities at home particularly the bedtime stories and mindful breathing.

This FREE training is open to individual settings within the Urban Village areas (North, South, East and West Belfast and Derry/Londonderry) via Zoom at a time suitable to you. Settings that are at the periphery of Urban Villages with children attending from that area are also eligible to participate in the programme.

If you would like further information or to book training contact Roberta Johnson,
E: Roberta.johnson@playboard.co.uk or T: 028 9080 3380.



Co-operation Ireland have been busy hosting their Noontime Knowledge Sharing events on both sides of the border as a way of connecting with groups who wish to find out more about the work of OG as well as explore the

partnership opportunities available. These events focus upon sharing experience, knowledge and learning to collectively enable us to positively impact and benefit the communities we serve. CI's work focuses on bringing the most marginalized groups together on a cross border and/or cross community basis and co-designing programmes, dependant upon emerging shared interest and community need. To date, a total of eight training programmes have been successfully delivered on-line, dealing with a range of issues and feedback has been extremely positive. These include: Parenting Anxious Children for parents/carers and Understanding & Supporting Adolescent Development & Trauma in Adolescence for professionals (delivered by renowned adolescent development specialist Bronagh Starrs), also a Gaming & Gambling awareness programme delivered by Gamcare in partnership with TUSLA. Two programmes of Circus Together, a good relations circus skills programme delivered by In Your Space Circus, have just completed involving children aged 6 – 12 years from South & North Belfast and Sligo/Leitrim. CI have also been working with Relax Kids to deliver the Mighty Monsters Programme to children aged 5-8 years with ASD and their parents, bringing groups together from South Belfast, Sligo, Cavan & Donegal.

A great response has been noted to the Mighty Monsters programme and feedback has been excellent - Maria Cribbin, Family Support Worker at Sligo Springboard said: "thank you for organizing this amazing programme, I have heard positive things from some of the parents involved and the changes they have seen in their child." A number of exciting programmes are currently on-going including a piece of work in partnership with Donegal Youth Service working with asylum seekers housed in the emergency Accommodation Centre in Letterkenny, an Arts focused programme working with Eastside Arts and Cavan/Monaghan Arts as well as a social enterprise initiative involving Destined in Derry/Londonderry and Bluestack in Donegal. CI have also just launched a programme in response to community need called Eat Well & Sleep Well – two on-line Programmes designed and delivered by Bogside & Brandywell Health Forum involving participants from Derry, Donegal, Belfast and Sligo.

As restrictions ease and delivery moves from on-line to face to face, Co-operation Ireland are thrilled with their delivery schedule over the coming months and the ability to meet and work with groups physically. This involves a number of outdoor teambuilding days and good relations residentials for groups including St. Johnson FRC, The Loft, R-City, SOLAS, Saints Youth Club, Colin Gaels, Gweedore GAA, Marrowbone Community Group and Diverse Youth.

It's been a busy few months for the **YouthAction Northern Ireland** staff working on the Our Generation Project....

- LifeMaps has been delivered to young people from Holy Family Youth Centre.
- Sólás-Autism youth group and young men in St. Patrick's Grammar School in Armagh completed LifeMaps
- LifeMaps is being delivered in Newtownhamilton High School to a group of 19 young people.
- LifeMaps was delivered to PB NI staff. PALS was delivered internally to YA staff. Staff and volunteers at St Patrick's YC in Keady completed Lifemaps.
- LifeMaps & PALS was delivered to young women in Footprints Women's Centre
- Young people from the RCity group completed LifeMaps & PALS
- Youth & Community Work Students at Ulster University, Magee & Social work students at Queen's University participated in LifeMaps
- Staff from West Belfast Housing; NB Housing & East Belfast Dream Scheme all took part in LifeMaps while YouthAction staff participated in some LifeMaps refresher training
- Parents from a number of Urban Village areas; Enniskillen & the border communities completed LifeMaps
- Parents from West Belfast SureStart & adults with disabilities from Ability Action also completed LifeMaps



YouthAction
NORTHERN IRELAND

- Staff from Eastside and RCity staff & volunteers completed LifeMaps & PALS.
- LifeMaps was delivered to young people at Lagmore Youth Club, while parents from Lagmore are continuing to participate in the programmes.
- Young men in Middletown took part in social action projects including a bag pack, a food collection for a local food bank, and a litter pick.
- Young people from the Kinnego group enjoyed a spot of fishing and Lough Road group completed Turn The Light On.
- The Children & Young People's Advisory group have been busy planning for the project & took part in a workshop on issues impacting LGBTQ young people
- OUR STORY – OUR FUTURE emotional resilience & well-being conference took place on Friday 16th April from 10am to 1pm via zoom.
- LifeMaps training using creative writing & storytelling was delivered with writer & storyteller Liz Weir on 23rd & 30th March; 6th & 13th April.



action mental health



Action Mental Health

Since schools reopened in April AMH staff have been very busy – they've worked with around 2000 participants in April delivering Healthy Me & Provoking Thought, with that number expected to rise in May. Programme development has been on going, their Peer Mentoring suite of resources has now been made available to Ulster University for review. Promotion has begun, offering primary schools the new Peer Listening programme for 9-11 year olds. The programme is called 'Better Together' and is a 4-week course exploring active listening, friendship, kindness, diversity, inclusion and community. Other programmes in the Peer Mentoring suite include Mental Health Ambassadors for 16+, which will

include elements of Mental Health First aid, a Peer Mentoring programme for 11- 15 year olds and a 'Train the Facilitator' programme, which will offer Mental Health First Aid, safeguarding advice for teachers and options to tailor content for their school. These programmes are also being promoted for delivery from September 2021.

AMH selected two schools – Rosemount PS in Derry/L~derry, and Ballysillan PS in North Belfast, to participate in a shared learning event where they share videos of what they have learned through the OG project. Both schools will exchange these films at separate well-being events for shared learning. AMH will also be running information events for schools along with PB NI. Feedback from schools where AMH has delivered so far has been very positive.

A P4 teacher at Holy Evangelist's Primary School commented: "I thought that it was going to be like all other courses that we had done before. This programme is beautiful and so fitting for these times. I love how it approached emotions and children's mental health."

If you are interested in learning more about the programmes on offer through AMH please contact leuler@amh.org.uk

Donegal Youth Service
Youth Work Ireland



Like all OUR Generation partners, **Donegal Youth Service** had many bookings cancelled due to the Covid-19 restrictions. However, they moved to online delivery from mid-February across all locations, and have been back delivering face-to-face since Easter. Their numbers saw a huge spike during April - when they worked with over 300 participants in Donegal alone. They have engaged with 4 year groups at Cavan Institute, including Psychology students, and Community Health & Social Care students. DYS are also engaging local groups and secondary schools; they now have some delivery in all 5 counties of ROI.

DYS are also making links through HSE's Connecting for Life (CFL) Strategy and JIGSAW ahead of children's mental health week. They are running a Circus Skills programme with Co-Operation Ireland for Children under International Protection, at a Centre in Letterkenny, and have plans to run a camping residential with GAA groups from Twinbrook, West Belfast & Gweedore.

DYS & AMH have developed 3 new peer mentoring programmes: Peer Listening for 9-11 year olds, Peer Ambassador for 16+ year olds and Train the Trainer.



Youth Work Ireland have been busy over the past few months as changing restrictions allowed a to return to face-to-face delivery in April.

They have delivered Be Well to schools and groups including Coláiste Dún an Rí, Inver College, Mercy College, Spraí agus Spórt, and Monaghan Youthreach. Also, of the 7 secondary schools in Co Leitrim, YWI have delivered Be Well to 6 of them. YWI have also delivered the YES project to a range of schools and groups including St Columb's Comprehensive School, St Bricin's Vocational School, and Leitrim Youthreach.

The Youth Fund in Letterkenny will wrap up at the end of June, with another group beginning in Carrick-On Shannon. Youth Fund offers out a grant of up to €1000 to support project/activity ideas for groups in local areas.

Youth Work Ireland have delivered YES Facilitator Training and Be Well Facilitator Training to staff and volunteers of YWI Cavan & Monaghan, Donegal Youth Service, Cavan & Monaghan Rainbow Youth (CAMRY), Cavan Institute, Sligo & Leitrim CTC, and a range of other individuals who registered for our open training sessions on Zoom. If you are interested in Be Well Facilitator Training or YES Facilitator Training then please register via Eventbrite for the next training sessions below.

YES is an empowering sexual health and reproductive educational programme that will address a range of activities to include sexual identity and healthy relationships; communicating consent; and wider influences and decision making.

If you are interested in taking part in the next FREE YES Facilitator training on Zoom on Friday 03/09/21 (from 10:00-16:30), then please register on Eventbrite via this link: <https://www.eventbrite.co.uk/e/158104878949>

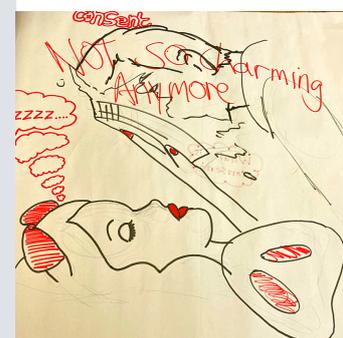
Be Well is an emotional resilience programme which uses the 5 -A-Day approach to support young people to address anxiety in their everyday lives.

If you are interested in taking part in the next FREE Be Well Facilitator training on Monday 11/10/21 (from 10:00-12:30), then please register on Eventbrite via this link: <https://www.eventbrite.co.uk/e/148732371527>

If you would like more information on the programmes that Youth Work Ireland provide, and/or to book Youth Work Ireland to deliver these programmes to your young people then please get in contact with Tracey on 00353 860675334 or by emailing: ourgeneration@youthworkireland.ie



Youth Work Ireland



'Snow White' by YES participant on the theme of Consent

Partner Updates...



The team at **Ulster University** have continued to be busy over the past few months. This has included sustained contact with project partners, which has seen four programme reviews completed, shared learning events evaluation questionnaires finalised, the final thirteen programme evaluation questionnaires confirmed, discussions and developments surrounding newly co-designed partner programmes, as well as receiving ethical approval for the OG project; meaning data collection is now ready to commence.



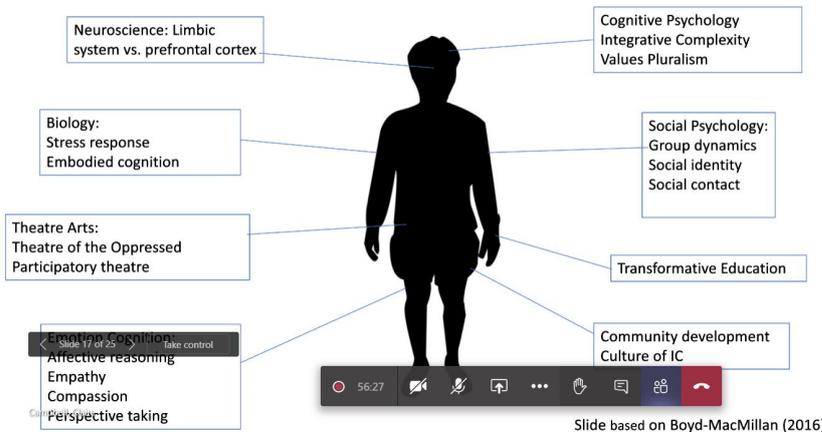
Furthermore, in this period, UU completed the Annual Quality Assurance Report, which was reviewed by partners and amended accordingly. An abridged version of the report was also created for sharing. UU have strived to update both the Monitoring and Evaluation frameworks to reflect the evolution of the project as well as the adoption of new methodologies and online tools.



In other news, UU provided some excellent and thought provoking training in Integrative Complexity Theory to all partners; facilitated by Dr. Claire Campbell and Prof. Siobhan O'Neill.

Dr Tara O'Neill and Colette Ramsey also delivered ACE's training to project staff - see page 11. Finally, In some very positive news, UU submitted a Single Tender Award to SEUPB for Qualtrics research enhancements for the project to enable a range of advanced capabilities across the project, and are delighted to announce this has been successful - so it's full steam ahead now!

Considerations of IC Thinking interventions



Slide based on Boyd-MacMillan (2016)

Conflict and Peacebuilding

Risk factors for violence and conflict **do not** have predictive validity

A drop in **IC predicts** conflict and violent outbursts (Suedfeld & Leighton, 2002)

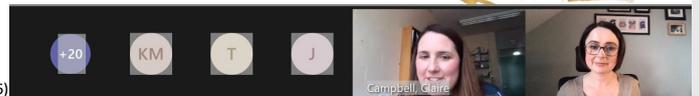
Same pattern with violent extremism

- Environmental Vulnerabilities for low IC
- Family Problems
 - Trauma
 - Identity Threat*

But consider stress response... (Andrews Fearon & Boyd-MacMillan, 2016)



Campbell, Claire



International Women's Day

To mark international Women's Day, members of the YANI OUR Generation team and one member of our Children and Young Person's Advisory Group joined 40 young women for a roundtable discussion with the NI Permanent Secretary Madeleine Alessandri.



Theatre of Witness

OUR Generation staff had the opportunity to participate in **Theatre of Witness** Workshops delivered online by the Playhouse in Derry/L'derry. These workshops were organised by partner Co-operation Ireland to help inform the practice of those working with groups of children and young people exploring themes of peace building and inter-generational trauma. The workshops were held throughout April. Theatre of Witness is a form of performance, that gives voice to those who have been marginalised, forgotten or are invisible in society.

Their true, life stories, performed by the people themselves, are shared onstage so that audiences can collectively bear witness to issues of suffering, redemption and social justice. Theatre of Witness productions, performed in spoken word, music, movement and film projection, put a face and heart to societal issues of suffering, and celebrate the power of the human spirit to grow and transform. Founder and artistic director Teya Sepinuck has been working at The Playhouse since 2009 with people affected by The Troubles in Northern Ireland / Border Counties.



For more information visit:

www.derryplayhouse.co.uk/content/article/theatre-of-witness/10

ACEs training



Adverse Childhood Experiences
Be the Change

Understanding ACEs & Trauma Sensitive Practice

OUR Generation staff also attended **ACEs Level 1 & 2- Adverse Childhood Experiences Awareness** training, which was delivered by Dr Tara O'Neill and Colette Ramsey from Ulster University.

The training, developed by Safeguarding Board for Northern Ireland, deals with Adverse Childhood Experiences (ACEs) and recognising their impact upon children and young people. Examples of ACE's include neglect, abuse, domestic violence, substance abuse, or mental ill health. The training aims to "build professional workforce capacity to understand how adversity can affect child development and build on the skills of staff working with individuals who have been affected by childhood adversity through a trauma informed approach."

For practitioners, the acronym LENS is used - Look, Explore, Needs, Support. Using a trauma sensitive LENS can help practitioners to respond effectively to those who may be experiencing trauma related to childhood adversity. For more information visit: <https://www.safeguardingni.org/aces-and-trauma-informed-practice>

L	LOOK	
<ul style="list-style-type: none"> • Behaviour • Body language • Environment 		
E	EXPLORE	
<ul style="list-style-type: none"> • Think what may have happened • Think how YOU can help • Think about safety 		
N	NEEDS	
<ul style="list-style-type: none"> • Basic needs • Understanding • Explanation 		
S	SUPPORT	
<ul style="list-style-type: none"> • Support • Signpost • Safeguard 		



*"The soil in which we're rooted:
The branches on which we grow."*

(Ellis and Dietz 2017)

OUR Generation, Growing Up Better, Together - in Urban Village areas

The Urban Village areas in Belfast and Derry~Londonderry make up some of the key locations where the OUR Generation programme is being delivered.

What is the Urban Villages Initiative?

The Urban Villages Initiative is a headline action of the Together: Building a United Community (T:buc) Strategy. It is designed to improve good relations outcomes and develop thriving places through a range of community-led, cross-cutting and capital projects with a good relations focus for the benefit of people living, working in and visiting the five Urban Village areas.

Where are the Urban Village areas?

The five Urban Village areas include: Derry~Londonderry: Bogside, Fountain & Bishop Street. South Belfast: Sandy Row, Donegall Pass & the Markets. North Belfast: Ardoyne & Greater Ballysillan. East Belfast: Newtownards Road, Grampian Avenue to Bridge End. West Belfast: Colin Area.

Collaborative development of the programme

The Urban Villages Initiative in collaboration with colleagues in the Department of Health, HSE (ROI) and SEUPB, together designed a mental health programme focusing on children and young people and their key contacts, which became the OUR Generation Programme.

The programme was designed to build on and support the community interventions that were already in place in the Urban Village areas. The design was to build emotional resilience, so as to create a legacy for future generations.

Programme roll out in Urban Village areas

OUR Generation, led by Action Mental Health, represents a significant additional resource across the five Urban Village areas. Engagement with each of the areas began with an extensive scoping study supported by the Urban Villages local teams to ensure direct connection with key community contacts.

These local connections continue to be the foundation for delivery through a range of programmes targeting Schools, Pre-Schools, Youth Clubs, Sports Clubs, Uniform Organisations and others.

OUR Generation has connected and collaborated with existing Urban Villages community led projects that already support children and young people to build resilience and tackle mental health challenges using a variety of creative methods.



As well as local delivery of programmes, key outputs include the design of an App for young people and the piloting of the Recovery College model for young people in each of the Urban Village areas.

Why Urban Village areas?

In 2016, the First Minister Arlene Foster and Deputy First Minister Martin McGuinness, launched the Urban Villages Initiative - Strategic Frameworks for five designated areas in Belfast and Derry/Londonderry.

These five Urban Village areas were chosen because they have a history of high deprivation and social tension, they are some of the areas most impacted by the legacy of conflict and division.

The Urban Villages Strategic Frameworks were developed following extensive local community engagement. They highlighted strategic actions that needed to be addressed in these areas across a number of themes; and one of the strong themes identified was mental health and wellbeing.

Mental health is a significant factor that prevents young people from fully participating in life and thriving, and unfortunately some of the highest statistics of mental health problems are evident in Urban Village areas.

For this reason the Urban Village areas were identified as key locations for delivery of the Our Generation programme. Also, because it is a good relations programme under the NI Executive's Together: Building a United Community (T:buc) Strategy, with a core aim to foster positive community identities.

Match funding support

Match-funding for the project has been provided by The Northern Ireland Executive and the Department of Rural and Community Development in Ireland for this European Union's PEACE IV Programme managed by SEUPB.

For more information visit:

<https://www.executiveoffice-ni.gov.uk/articles/urban-villages-initiative>

About us...

OUR Generation - The Project

The Our Generation project provides a unique opportunity for communities, North and South of the Border, to work together to halt the intergenerational impact of trauma and to build emotional resilience and peace for generations to come.

This three-year project will run to December 2022 and engage with 36,000 children, young people and their key contacts. The project will be delivered in education, youth and community settings across the 5 Urban Village Areas of Northern Ireland and the Border Region Area of Ireland.

The cross border partnership of 7 regional organisations will be led by Action Mental Health in partnership with of Donegal Youth Service, Co-Operation Ireland, Youth Action NI, Youth Work Ireland, PlayBoard NI & Ulster University.

Funding for the Our Generation project has been awarded through the European Union's PEACE IV Programme, managed by the Special EU Programmes Body (SEUPB), match-funding for the project has been provided by The Executive Office in Northern Ireland and the Department of Rural and Community Development in Ireland.

OUR Generation will collaborate with existing community-based initiatives to offer accessible, age appropriate prevention, early intervention and recovery activities delivered on a cross-border and cross-community basis to support the mental and emotional well-being of children and young people. Children and young people will engage in programme design and delivery, including provision of peer support, developing skills and confidence to improve well-being within their communities and act as agents of change, building peace for future generations.

OUR Generation - The Legacy

4,900 key contacts of Children & Young People will be equipped with the skills, knowledge and confidence to support the emotional resilience and wellbeing of Children and Young People including an improved understanding of mental health problems.

31,100 Children & Young People will have improved emotional resilience, empathy and skills to help themselves & others; greater intercultural awareness, community cohesion; the capacity & desire to be active citizens in their communities.

Children and Young People and their key contacts will have co-designed a range of digital resources including a social media app, animations & podcasts to support their own needs and those of the wider communities on a regional & national basis.

Emotional Recovery Colleges will be accessible in communities for all Children and Young People & their wider communities to engage on a cross community basis & access support for mental/emotional resilience.

For more information visit: <https://ourgeneration-cyp.com/>



7 x Regional
Organisations



36,000
children, young
people & key
contacts



Delivered in
education, youth &
community settings



Peace 
EUROPEAN UNION

Northern Ireland - Ireland

European Regional Development Fund



Northern Ireland Executive

www.northernireland.gov.uk



Rialtas na hÉireann
Government of Ireland



Donegal Youth Service
Youth Work Ireland



Youth Work Ireland



A project supported by the European Union's PEACE IV Programme, managed by the Special EU Programmes Body (SEUPB)

Contact OUR Generation:



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Follow us on social media!

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#GrowingUpBetterTogether



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