

OUR Generation App update



OUR Generation is delighted to announce the appointment of FluxGuide as developer of our new app.

The developer, based in Vienna, has worked with many museums and galleries throughout Germany and Austria. They are specialists in developing digital mobile learning apps, and can even count the Kennedy Space Centre amongst their many clients.

OUR Generation has established a working group for the app, which includes Maurice Mulvenna, Professor of Computer Science at Ulster University. Initial meetings with members of the Fluxguide team have been held, and the app content is currently under development.

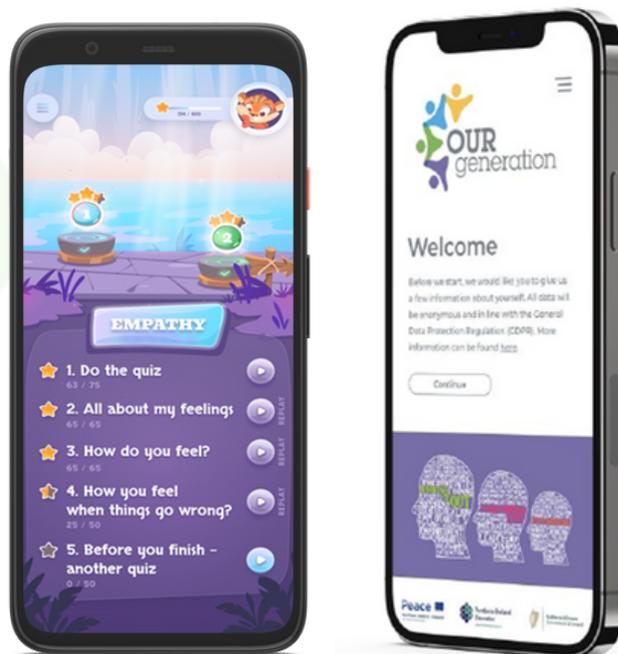
Two age-appropriate versions of the games and activities are being developed for ages 11 and under and 12+ years.

Prior to the appointment of Fluxguide as developer, Ulster University concluded extensive research workshops with children and young people, which will inform part of the app's development. OUR Generation partners also made suggestions for which parts of their programmes could be 'gamified'.

The aim is to develop an app that will offer children & young people a series of challenges based on the programmes already delivered by OUR Generation partners. These gamified aspects will offer users a novel way of learning about their mental health and well-being and building emotional resilience whilst they collect in-game rewards.

It's anticipated a prototype of the app will be available in November 2022, which will then be trialled by children and young people. The official launch is expected in December 2022, and the app will be available from the Google and Apple Play Stores.

fluxguide



WELCOME to Issue 4 of OG News!



There have been many changes since our last issue, both locally and further afield. The death of Queen Elizabeth II has marked the end of an era, but she leaves a legacy of reconciliation and bridge building that we can all take inspiration and hope from. The accession of King Charles III marks the beginning of a new chapter and we feel assured that he will continue to be supportive of all those involved in the PEACE Programmes in Northern Ireland and Ireland.

It is a time of immense change and uncertainty in the world. The conflict continues in Ukraine, and our thoughts and prayers remain with those whose lives have been deeply affected by this. We are pleased that we have been able to play a small part in providing some support to some displaced Ukrainian communities through OUR Generation activity.

Rising fuel prices and other costs of living are bringing ever increasing numbers of households to crisis point, which is undoubtedly having an impact on the mental health and well-being of many. OUR Generation cannot fix these problems, but we will play our part by supporting our children and young people to develop skills which will better equip them to weather the storm.

Now to pick up on some Project highlights from recent months, which you can read about in this issue:

As the new academic year started, Co-Operation Ireland responded to needs that were being expressed by many in the wake of COVID and delivered a very successful webinar for parents and carers on relieving back-to-school anxiety. This was well attended and attracted overwhelmingly positive feedback. If you missed it, it is now available to view on YouTube.

During the summer, OG partners have been busy with face to face shared learning events and residentials, which were just not possible, due to restrictions, for much of the Project duration. Donegal Youth Service's Party in the Park, in June, was a particular highlight. It was fantastic to attend this in person and see children and young people from both sides of the border, and families from diverse communities across Donegal and beyond, coming together to enjoy the music and other activities, and have fun.

It's great to see the app project gathering pace as we work alongside Fluxguide to build the content. Special thanks to Ulster University for the workshops they conducted which has laid the groundwork for this, and to the children and young people who took part.

Our animation project workshops with schools concluded at the end of last term too and they will be available to view soon, so keep an eye on our social media for details of when they will launch.

Looking ahead, we expect to release our app in December or early 2023. We will also be holding TTAD22 on 15th December, following the success of last year's event, so another busy period lies ahead!

- Carol Scullion **Project Manager**





Animation Project

Children and young people have created animations based on what they have learned through OUR Generation programmes.

In total, four schools were involved in the unique shared learning exchange. Pupils came together for a series of workshops with Joel Simon of Hola Lola Animations where they learned how to animate drawings using an iPad and digital stylus.

Two primary schools from different Urban Village areas of Belfast were paired up – Elmgrove Primary School from east Belfast (Eastside) and Christ the Redeemer from Colin, in the west of the city.

In Fermanagh, in a separate project, two post-primary schools, Enniskillen Royal Grammar and St. Michael's College, worked together.

During the school year the primary school children completed Better Together, and the secondary school students completed Mental Health Ambassador and Peer Mentoring, all with lead partner Action Mental Health.

A Senior Teacher at Enniskillen Royal Grammar, Mrs Kettle, described the project as: "An excellent opportunity for our pupils to develop skills in ICT and social and emotional well-being."

The pupil's creations will reflect what they have learned about mental health, with the young people designing and voicing the characters in the animations themselves. Through OUR Generation, children learn how to regulate their own feelings and emotions and how to respond to different situations.

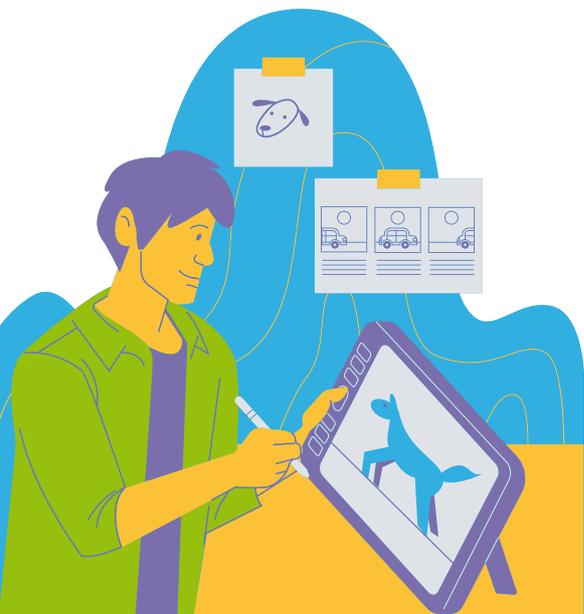
Nicola McKeown, Acting Vice Principal of Christ the Redeemer Primary School, said the school was "delighted" to have taken part in OUR Generation, with 12 pupils recently completing Better Together. She said: "The children are now animating their Better Together skills, discussing their emotions and their well-being, and all the strategies they have been taught through the programme."

The primary schools animation will have its premiere at Christ the Redeemer PS on Friday 14th October, after which it will be available to view online.

In the meantime, you can watch a short video of Elmgrove PS and Christ the Redeemer's final workshop with Joel below:



WATCH





Children & Young People's Participation

By Roberta Johnston, PlayBoard NI



The UN Convention on the Rights of the Child states: "Parties shall assure to the child who is capable of forming his or her own views the right to express those views freely in all matter affecting the child, the views of the child being given due weight in accordance with the age and maturity of the child."

We hear terms such as participation, listening, engagement, the voice of the child, involved in decision making...whatever you call it, the process needs to be meaningful for children. Using play methodologies makes this process possible, because that is, of course, how children make sense of their world.

At PlayBoard NI we are guided by Waters (2016), who believes participation needs to be part of our working culture, professional practice, values and beliefs. Thus, ensuring that participation is not tokenistic, but embedded within our projects and organisation. "Participation is essentially about human interaction - how we think about each other and talk and relate to each other" Waters (2016).

Clark (2011), defines listening as "an active process of receiving (hearing and observing) interpreting and responding to communication." This process is not limited to the spoken word, but rather should be understood as a holistic process that includes all senses and emotions (Clark 2011). Furthermore, "listening" is to provide with the right environment "in which all children feel confident, safe and powerful, ensuring they have the time and space to express themselves in whatever form suits them" (Clark 2011).

During the Spaces to Be play sessions we provide children with the Time, Space and Permission (TSP) to play freely. Through our discussions, observations, invitations to play and by following play cues we are afforded the opportunity to seek the views of the children about:

- How they are feeling?
- What is important to them?
- What are they enjoying?
- What would they like us to do more of?
- What did you dislike?
- Anything additional they would like to do as part of the project?



The children's view forms the ongoing reflection and review of the Spaces to Be Programme. This is supported by the 'people that know them best', in this instance, the staff from the School Aged Childcare setting or school and/or their parent/carer.

Using these approaches and play methodologies not only allows us to truly capture the voice of the child but also allows us to address the heavy, and quite often 'adult' content within the Spaces to Be Programme in a child friendly manner. This allows an introduction to such concepts as community, emotions, inclusion and diversity.

It is crucial to avoid tokenistic processes, which refer to those instances in which children's views are pursued but there is "no clear indication of whether their participation leads to any changes in policy or practice" (Dockett, et al. 2009). In other words, children's views are consulted pursuing an adult agenda.

We incorporate Clark's (2011) 5 principles which serve as a base upon which to build foundations for listening:

- Respect - Are the children willingly engaged? Follow their lead and cues. Accept when they disengage or do not want to take part.
- Openness and collaboration
- Honesty
- Patience and understanding
- Imagination

In addition to the 5 principles, we recognise the importance of Lancaster's (2003) RAMPS framework and reflect on our attitudes, values and beliefs in how we relate to young children. In doing so, we:

- Recognize children's many languages
- Allocate communication spaces
- Make time
- Provide choice
- Subscribe to a reflective practice

Capturing the voice of the child is just the beginning of the journey – it is what you do with it that is critical. It is vital that their voices and opinions are taken forward into the adult arena and form the backbone and are at the heart of policy, decision making, implementation and any other agenda that exists for our children.

It is also important to empower the child and give them ownership by reflecting back, in a child friendly manner, what their input has influenced and achieved.

Roberta Johnston is Play Participation Officer on the OUR Generation Project.

For more information on 'Spaces to Be' click [here](#).



Reference List

- Clark, A. (2011). Listening as a Way of Life. Young Children's Voices Network (YCVN). London, England. United Kingdom.
- Dockett, S., Einarsdottir, J., & Perry, B. (2009). Researching with children: Ethical Tensions. *Journal of Early Childhood Research*, 7(3), pp. 283-298.
- Lancaster, Y.P. (2006). RAMPS: A Framework for Listening to Children. London.
- UN - Convention on the Rights of the Child. (1991).
- Waters, P. (2016). The Busker's Guide to Participation. London.

Party in the Park



Donegal Youth Service celebrated the return of Party In the Park on Friday 24th June in Letterkenny Town Park. The event was attended by over 900 people.

There were plenty of family-friendly activities on the day, with arts & crafts sessions facilitated by Co-Operation Ireland.

There were also laughter yoga workshops delivered by Michelle Major of The Sunshine Project, circus skills with In your Space Circus, as well as face painting – all of which proved very popular!

This year's event was extra special, as it marked the return of the mini music festival after a two year hiatus due to the COVID-19 pandemic.

The event brought together young people from the Border Region of Ireland and Northern Ireland, with school children from St. Eugene's Primary School in Derry/L~derry, and Artigarvan PS in Strabane among those who enjoyed a day out.

There were also a number of young people from Arranmore Island, and a few members of the OG project team attended too!

You can watch a short video of the event [here](#).





OUR
generation



DONEGAL YOUTH SERVICE
presents...





PlayBoard NI

Partner Updates

PlayBoard NI continue to run their 'Spaces to Be' programme and staff training sessions.

Their second OUR Generation Webinar will take place on 13th October from 10am – 12pm. **Our Play, Our Mental Health, OUR Generation**, will feature NI's Mental Health Champion, Prof. Siobhan O'Neill, Helen Dodd & Mike Wragg who will explore transgenerational trauma, mental health and wellbeing and how influential play is to building positive mental health, resilience and breaking down barriers to inclusion. To sign up click [here](#).

PlayBoard is currently working with Ardmore to develop a short animation video which will help children understand the underpinning values that encompass being a play champion, to ensure the message is still heard in years to come.

A shared learning family fun morning was due to take place between Ligoniel PS & St Vincent De Paul PS - originally planned for September, this outdoor event was cancelled due to the weather, and a new date yet to be confirmed.



OUR generation
Growing Up Better, Together

Our Play, Our Mental Health, OUR Generation

Free webinar: 13 October 2022 - 10.00-12.00pm

Speaker Announcement: Prof. Siobhán O'Neill
We are delighted to announce that our key note speaker for this webinar will be Professor Siobhán O'Neill, the Mental Health Champion for Northern Ireland.

As Professor of Mental Health Sciences at Ulster University her research programmes focus on trauma, mental illness and suicidal behaviour in Northern Ireland.



MacBook Air



Young people from Studio 2

As well as the animation projects, the AMH team have been busy with programme delivery including Better Together, Peer Mentoring, Mental Health Ambassador, Healthy Me, Provoking Thought, Little Healthy Me and SafeTalk. They have also been strengthening links into community and marginalised groups, working with a Syrian refugee support group to deliver Provoking Thought, taking account of cultural sensitivities by employing a translator. A special educational needs (SEN) adapted version of Healthy Me was delivered in Willowbridge Special School to young people with severe learning disabilities, and AMH also worked with Co-Operation Ireland to deliver to a Syrian group through Family Comfort NI. They teamed up with Donegal Youth Service to deliver a cross-border residential with Scoil Naomh Treasa National School, Co. Sligo and St. Eugenes Primary School, Derry/L'derry.



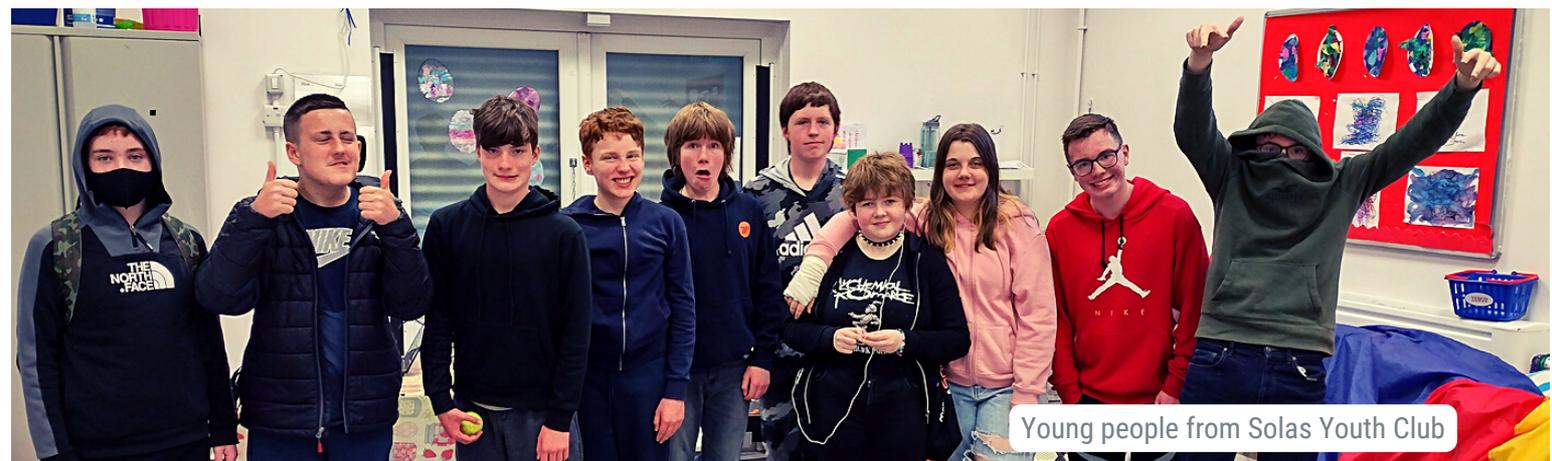
AMH has delivered many workshops including one to members of Sólás youth club – Sólás is a charity supporting children & young people with additional needs, including autism. AMH continues to develop strong links across the partnership and in the Urban Village areas, attending partner events, information sharing meetings and organising shared learning opportunities as well as running online sessions for parents and carers. AMH will launch the completed primary schools animation on Friday 14th October, at Christ the Redeemer PS. It will available to view online shortly thereafter.



Cross Border/Cross Community Shared Learning Event



Saints YC & Diverse Youth NI



Young people from Sólás Youth Club

Tara O'Neill and Colette Ramsey from the Ulster University team have concluded a series of workshops where they sought the views of primary and post primary school children and young people on game types related to each of the indicators that underpin OUR Generation programmes. This research has formed the basis for development of the OUR Generation app. Prof. Maurice Mulvenna is also lending his expertise to the development of the OG app.

Along with Prof. Siobhan O'Neill, Tara and Colette also attended the 19th European Symposium on Suicide and Suicidal Behaviour, which took place from 24-27 August 2022 in Copenhagen, Denmark.

Below they are pictured with exhibition posters which provided details of the OUR Generation Project and how the App is being developed to promote peacebuilding through improved resilience. These posters were produced specially for the conference.

UU will be conducting stakeholder engagement through surveys and focus groups and working on the QA report for the remainder of 2022.

Prof. Siobhan O'Neill will be speaking at PlayBoard's webinar on 13th October and at Transgenerational Trauma Awareness Day on 15th December. Full details of this event coming soon.



App workshop, ROI



App workshop, NI



Colette Ramsey



Tara O'Neill



Members of the Young People's Advisory Group and PlayBoard NI

OUR Generation's Young People's Advisory group learned how to become Play Champions when they participated in an online session with PlayBoard NI; whose 'Spaces To Be' programme is focused on why play is important to building emotional resilience.

The young people put their new found skills into practice when they spent the day at St Columb's Park in Derry/L'derry, where they played games and activities and were taught bushcraft by Far and Wild Adventure.

YouthAction have continued their delivery of programmes and their Work With Young Men team delivered a session at Taking Boys Seriously, a summit held at Ulster University in September.

YANI also held an event in Derry on Saturday 24th Sept called 'Spill the Beans' - young people from an OUR Generation group at An Tobar CIC, Armagh attended the event.

YouthAction will host 'Our World', a conference to mark World Mental Health Day on October 10th 2022.

Our World

Mental Health Day Conference

WHEN: Monday 10th October
TIME: 11 am to 2 pm
WHERE: YouthAction NI, 14 College Square North, Belfast

YouthAction NI along with NI Youth Forum, Active Communities Network and PPR will be delivering workshops with activities from the suite of resources that help build positive wellbeing. This is a networking event for youth & community workers to 'make mental health for all, a global priority' (World Mental Health Day 2022 theme)

To book your place please contact Mary Jo on 028 90240551 or email maryjo@youthaction.org

Tea/coffee on arrival and lunch provided



YANI's Work With Young Men team pictured with their new CEO Dr Martin McMullan at TBSS22



OG youth worker Dean getting dunked with beans



Youth Work Ireland

Youth Work Ireland have been busy delivering Be Well to a range of groups including Mohill Community College, Drumshanbo Vocational School, St Bricin's Vocational School, Ursuline College, St Mogue's College and St Louis Secondary School.

The YES project has been delivered to a wide range of groups including Rosses Community School, St. Clares's Comprehensive, St Louis Secondary School, Beech Hill College, and St Patrick's College.

The Youth Fund is continuing with 8 groups having previously awarded money and 5 new groups have begun recently.

YWI also delivered Be Well Facilitator Training and YES Facilitator Training with adults from across the 5 counties.

Upcoming events

Addressing Gender Based Violence and Supporting Positive Gender Identity and Consent

Date: Wednesday 2nd November

Time: 11.30am – 3pm

Venue: Youth Work Ireland National Office (in person)

Register your interest [here](#)

The Role of Youth Work in Engaging with Young People with Disabilities

Date: Wednesday 30th November 2022

Time: 11.30am – 3pm

Venue: Youth Work Ireland National Office (in person)

Register your interest [here](#)



Ballinamore Youth Fund



St Mogue's Youth Fund



Beechill Youth Fund



Be Well delivered to a group of French students



Cross-border shared learning events

Young people from minority communities including the HEAL Programme in Derry and the IPAS Centre, Letterkenny took part in equestrian and team building activities at the Wild Atlantic Adventure Centre located on the rugged Inishowen Peninsula, Donegal. The young people also enjoyed the HOPE workshop delivered by Unity Training who are an education service provider for the Western Health and Social Care Trust. This event gave young people skills and confidence to improve well-being within their communities and act as agents of change, building peace for future generations.

In collaboration with Co-Operation Ireland and TAMHI (Tackling Awareness of Mental Health Issues) another amazing cross-border shared learning event took place between two groups of young people from The Ray Group, North Belfast and The Loft Project, Letterkenny in August 2022. This involved the young people participating together in a range of team building activities including Mental Wealth Games Training by TAMHI led by their youth mental health ambassadors. This was followed by an evening music session on Tullagh Bay beach where the young people played guitar and sang on the sand. An overnight in The Strand Hotel, Inishowen was also included, followed by beach activities in the sun led by Awaken Adventures. These residential are a true reflection of how the OUR Generation project facilitates the connection of young people on a cross border & cross community basis for the purpose of the promotion of positive mental health & wellbeing and building resilience.



Young people at the Wild Atlantic Adventure Centre



Young people on the beach at Tullagh Bay

Co-Operation Ireland continue to be busy arranging and facilitating a range of events. Over the past few months they have organised shared learning events, residentials, cross-border teen revival days, webinars, celebration events, an Eritrean Youth event, and lots of training sessions.

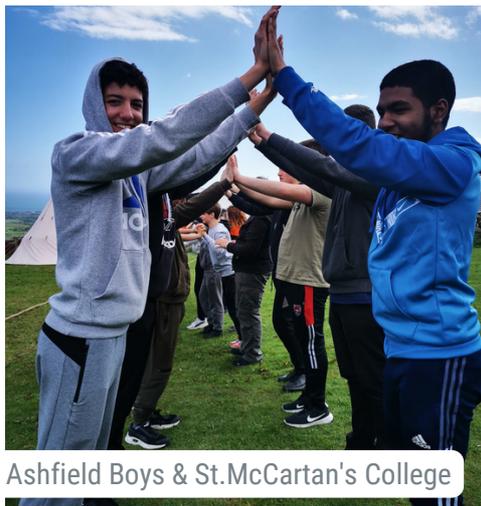
They hosted a Trauma, Healing & Reconciliation webinar back in March, and more recently they ran a webinar called 'Relieving Back-to-School Anxiety' for

parents and carers which was a huge success, attended by over one hundred people. They also organised Print for Peace - an event in Derry/L~derry to mark Good Relations Week in Sept 2022.

Earlier in the year, a group of young women from Marrowbone and Woodvale North Belfast came together for a residential in Rostrevor where they created an inspiring short film to mark International Women's Day. 'Empowering Crowns' had its launch at Marrowbone Community Hub and we were thrilled to be invited along. You can watch that film, and the webinars mentioned above on our YouTube channel [here](#):



Empowering Crowns launch



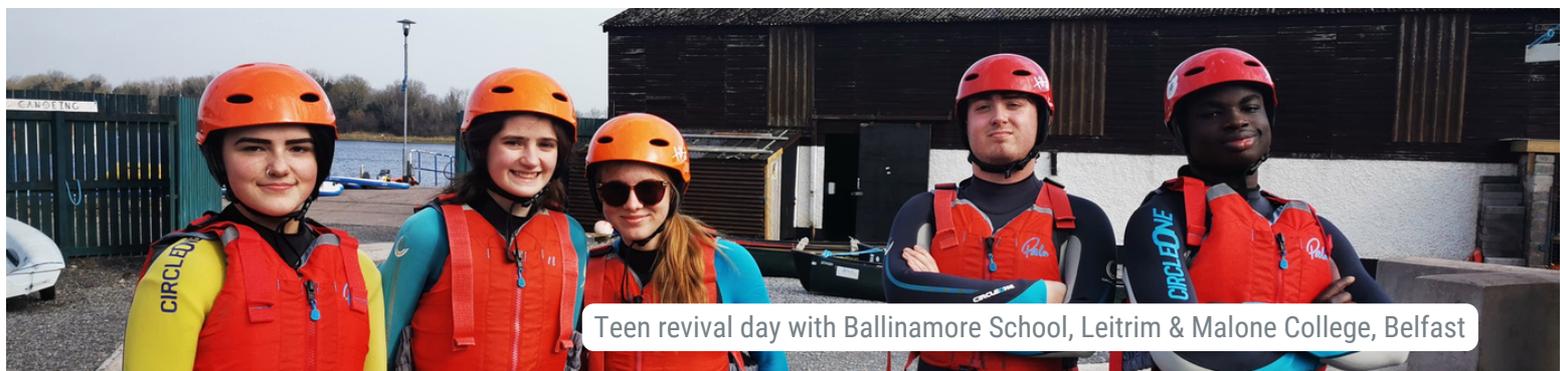
Ashfield Boys & St.McCartan's College



Eritrean Youth Event



Cross border teen revival day



Teen revival day with Ballinamore School, Leitrim & Malone College, Belfast

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 April 2023 and engage with 36,000 children, young people and their key contacts. The project is being delivered in education, youth and community settings across the 5 Urban Village Areas of Northern Ireland and the Border Region Area of Ireland.

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.

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

OUR Generation - The Legacy



4,900 key contacts of children & young people will be equipped with the skills, knowledge and confidence to support their wellbeing, including an improved understanding of mental health problems.



31,100 children & young people will improve their emotional resilience & empathy, building skills to help themselves & others, gaining greater intercultural awareness & community cohesion whilst increasing capacity & desire to be active citizens in their communities.



Children and young people and their key contacts are co-designing a range of digital resources including a mobile 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: ourgeneration-cyp.com/





Northern Ireland
Executive

www.northernireland.gov.uk

Peace



Northern Ireland - Ireland

European Regional Development Fund



Rialtas na hÉireann
Government of Ireland



Donegal
Youth Service
Youth Work Ireland



Youth Work Ireland

YouthAction
NORTHERN IRELAND



T:buc
Changing for the better, together



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



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