

OUR generation

Programme Information



Growing Up Better, Together.

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





The Project

The OUR Generation project is a PEACE IV funded project that 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 and in the Urban Village Areas of Northern Ireland and the Border Region of Northern Ireland and Ireland.

The cross border partnership of 7 regional organisations will be led by Action Mental Health in partnership with 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.

The Need

The EU's PEACE IV Programme recognises that a significant number of people, living across the region, are suffering from Troubles/conflict-related trauma.

In particular communities with a history and ongoing experience of deprivation and social tension are the ones most impacted by the legacy of conflict and division. The latest research also shows that this trauma can be passed on trans-generationally to younger people; many of whom suffer with poor mental health as a result.

The areas of project delivery have been chosen because deprivation, social tension and poor mental health have been highlighted by local groups, youth work practitioners and schools as a barrier preventing our young people and communities from thriving.

Legacy

4,900 key contacts of Children and 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 and Young People will have improved emotional resilience, empathy and skills to help themselves and others; greater intercultural awareness, community cohesion; the capacity and 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 and national basis.

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



**Northern Ireland
Executive**
www.northernireland.gov.uk



**Rialtas na hÉireann
Government of Ireland**



Area of Delivery: Donegal, Sligo, Monaghan and Cavan

Contact details:
ourgeneration@donegalyouthservice.ie

Donegal Youth Service is a countywide youth service with over 30 affiliated youth clubs and projects that provide drop-in facilities, programmes and services to young people all over Donegal. We work with over 11500 young people annually, supported by over 20 staff and 600 dedicated volunteers.

Key Programmes

Peer Mentoring Programme for young people. Training people who want to make a difference to their community, who are interested in helping others and would like to express their thoughts and opinions.

Delivery of Action Mental Health's Healthy Me. A vibrant and engaging health promotion programme designed to teach children about the importance of staying healthy – both physically and mentally with a focus on peace building through emotional resilience. It also supports their key contacts in taking a whole-school/community approach to resilience and wellbeing.

Delivery of Action Mental Health's Provoking Thought. A mental health awareness and resilience programme, delivering age appropriate, engaging and interactive workshops for young people and their teachers, parents and other key contacts.

Available to:

Young People
Age: 12-25

Schools & Youth Groups
Age: 5-11

Schools & Youth Groups
Age: 12-24



Youth Work Ireland

Area of Delivery: Cavan, Monaghan, Sligo, Leitrim, and Donegal

Contact details:
ourgeneration@youthworkireland.ie

Youth Work Ireland is the largest youth organisation in Ireland. We actively engage with over 76,000 young people every week. Over the years we have developed highly innovative services, supports and programmes for young people between the ages of 10-25 years.

Key Programmes

Be Well is an emotional resilience programme which educates young people on feelings of anxiety and teaches coping strategies. The programme uses the 5-A-Day approach to help people build resilience. This programme can be delivered face to face as a 90-minute session or online as a 60-minute session.

YES (European wide initiative) 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.

The Social Action project offers young people an exciting opportunity to take an active leading role in their community. This youth forum will enhance their teamwork and leadership skills as they go through the decision-making process to select community groups they would like to grant money, to enact positive change. Our aim: Support young people to lead their local communities in a new peaceful communities.

Secondary School & Youth Groups
Ages: 14-24
1 session

Secondary Schools, Post Secondary & Youth Groups
Ages: 14-24
½ day or 3 weeks

Secondary Schools & Youth Groups
Ages: 14-24
6 months



Area of Delivery: Urban Village Areas and Border Region

Contact details
Laura Euler (Service Manager)
leuler@amh.org.uk or 07970743193

AMH is a leading NI mental health charity with 56 years' experience of delivering community-based recovery services (2,000 people annually), & building capacity through emotional resilience, suicide/self-harm prevention & wellbeing in primary, post-primary schools, communities & businesses (30,000 Children, Young People and Adults (2018/2019))

Key Programmes

Healthy Me is a vibrant and engaging health promotion programme designed to teach children about the importance of staying healthy – both physically and mentally with a focus on peace building through emotional resilience. It also supports their key contacts in taking a whole-school / community approach to resilience and wellbeing.

Provoking Thought is a mental health awareness and resilience programme delivering age appropriate, engaging and interactive workshops for young people and their teachers, parents and other key contacts.

Education, youth and community settings, participating in 'OUR Generation' programmes, will be supported to establish and sustain Peer and Mental Health Ambassador Programmes for the children and young people they engage with, including provision of accredited mental health training programmes.

A range of intercultural, cross community and cross border events will complement all the programmes delivered to share and celebrate learning and achievements.

Available to:

Children and Young People
Age 5 – 24

Parents / Carers / Key
contacts of Children and
Young People

In education, youth and
community settings



Area of Delivery: Urban Village Areas and Border Region

Contact details:
michael@youthaction.org

YouthAction Northern Ireland is a membership based charity, with a history of working with young people to tackle inequalities in their lives; improve their life chances; inspire them as activists & contribute to flourishing communities in a peaceful society. We have regional offices in Armagh, Belfast, Enniskillen, Kilkeel, Newry & the North West.

Key Programmes

LIFEMAPS is a mental health model that is suitable for different groups or individuals, and has been designed with young people (aged 10-25) in mind. LIFEMAPS focuses on the mental health of young people and is a resource for young people themselves, youth workers, volunteers, parents and teachers.

Flexible and bespoke group based & individual programmes such as mentoring; peace workshops; youth campaigns; social action projects that focus on building peace through emotional resilience and will make a difference to the wider community.

Developing an Agenda for Peace through youth work training that focuses on understanding how to build peace through emotional resilience using the Agenda for Peace Framework.

All available to:

Youth & Community
organisations, secondary
schools, FE
Colleges, Universities



PLAYBOARD NI
LEADING THE PLAY AGENDA

Areas of Delivery: Urban Village Areas

Contact details:

Katherine Lindsay-Dunlop

Katherine.lindsay@playboard.co.uk or 02890803380

PlayBoard NI – Leading The Play Agenda: PlayBoard is the lead organisation for the development and promotion of children and young people's play in Northern Ireland. Play is fundamental to a healthy, happy childhood and PlayBoard is committed to developing quality play opportunities that improve children and young people's lives.

Key Programmes

Space to Be Programme

The programmes will look at, and build on, cross community development which strives to further improve relations between communities. Using play methodology and a Playwork approach, PlayBoard will focus on building resilience in children and young people to support their positive mental health and well-being and, to break down barriers caused by trans-generational trauma. This will be achieved by working directly with children and young people, the professionals involved with them as well as their parents and carers.

Available to:

School Age Childcare
Projects
Age: 4-11

Sessions: Each SAC project will receive:

x2 Parent Sessions,
x2 Practitioner Sessions,
x2 Joint Practitioner Sessions

Children & Young People
Sessions: x2 Prep Sessions,
x8
shared Sessions



Areas of Delivery: Urban Village Areas and
Border Region

Contact details:

claire@cooperationireland.org

cfanning@cooperationireland.org

Formerly known as Co-operation North, Co-operation Ireland was founded in 1979 by Dr Brendan O'Regan. Set up to improve North-South co-operation and in particular the economic links between Northern Ireland and Ireland. Since then, Co-operation Ireland has undertaken some remarkable and inspiring activities and has worked with hundreds of thousands of people.

Key Activity and Programmes

Co-operation Ireland will undertake outreach, engagement and relationship building activities with those communities and groups most affected by the legacy of the conflict, i.e victims and survivors, ethnic minorities, ex-prisoners/former combatants, youth at risk, displaced persons and former members of the ex-state forces especially for those whose experiences can be passed onto subsequent generations for the purpose of shared learning, building resilience and promoting positive relations.

Our work will focus on connecting groups on a cross community and cross border basis based upon common needs and shared interests with the development of activities and training to address issues, specifically around the promotion of emotional resilience, empathy and understanding underpinned by building peace and reconciliation in post conflict Ireland.

Available to:

Victims and survivors,
ethnic minorities, LGBT,
ex-prisoners/former
combatants, youth at risk,
displaced persons and
former members of the
security services.



As NI's Civic University, Ulster University is committed to making a difference to the lives of children and young people in this region and beyond. The Our Generation team at Ulster is led by Siobhan O'Neill, Professor of Mental Health Sciences and comprises a team of researchers and academic experts from Psychology, Social Sciences, and Computer Sciences.

Ulster University has an outstanding international academic reputation. The University has supported the development of, & quality assured, numerous projects, including EU funded projects, in accordance with the latest research evidence. We have engaged in original research and innovation of regional, national & international significance across the University's 6 Faculties & 15 research institutes. The University brings expertise in Psychology, Social Sciences and Computer Sciences.

Ulster University will lead a rapid literature review with Partners, to identify best practice training models for building capacity of key contacts of Children and Young People including teachers, youth workers and volunteers, those in child-care settings and parents, carers & grandparents to support the mental and emotional resilience of Children & Young People and address the impact of trauma exposure ie childhood adversities (ACEs).

Ulster University will annually evaluate and disseminate the outcomes of the programmes in relation to their impact on the pathways to peacebuilding and resilience, and attitudinal evidence of progress towards good relations through completion of a quality assurance report. This report will include a review of effectiveness of outreach, engagement and co-design processes, including geographic and sectoral take-up; identification of needs commonly identified by multiple groups and programme activities common to multiple groups in addition to identification of best practice examples and recommendations for project delivery.

KEY CONTACTS

OUR Generation

Carol Scullion
Project Manager
cscullion@amh.org.uk

Action Mental Health

Laura Euler
Service Manager
leuler@amh.org.uk
079 7074 3193

Roseleen Maguire
South Western Area
rmauire@amh.org.uk
078 8540 7092

Katrina McIlmail
Belfast Area
kmcilmail@amh.org.uk
077 9987 1000

Jamie McNulty
North Western Area
jmcnulty@amh.org.uk
079 6623 7688

Rebecca Mitchell
Belfast Area
rmitchell@amh.org.uk
079 7663 7582

Jemma White
Belfast Area
jwhite@amh.org.uk
07976640504

Geraldine Morrison
Southern Area
Geraldinemorrison@amh.org.uk
07583009515

Co-operation Ireland

Claire Heaney-McKee
Development & Design Officer
claire@cooperationireland.org
075 1387 0237

Colm Fanning
Development & Design Officer
cfanning@cooperationireland.org
07852115118

Donegal Youth Service

Frankie McGreevy
OUR Generation Manager
Frankie.mcgreevy@donegalyouthservice.ie

Playboard

Katherine Lindsay-Dunlop
Service Delivery and Development
Coordinator
Katherine.lindsay@playboard.co.uk
(028) 90 803380

Cira Palli-Aspero
Administrator
Cira.Palli-Aspero@playboard.co.uk
(028) 90 803380

YouthAction NI

Michael McKenna
Team Leader – Work with Young Men
michael@youthaction.org
(028) 37 511624

Dean Farquhar
OUR Generation Young Men's
Worker
dean@youthaction.org
(028) 3751 1624

Martin McMullan
Assistant Director
martin@youthaction.org
(028) 90 240551

Annette Feldman
OUR Generation Young Women's
Worker
annette@youthaction.org
(028) 9024 0551

Mary Jo Reid
OUR Generation Training Worker
maryjo@youthaction.org
(028) 9024 0551

Karen Witherspoon
Admin Officer
karen@youthaction.org
(028) 9024 0551

Youth Work Ireland

Tracey McArdle
Coordinator
tmcardle@youthworkireland.ie



Peace 
Northern Ireland - Ireland
European Regional Development Fund



**Northern Ireland
Executive**
www.northernireland.gov.uk



Rialtas na hÉireann
Government of Ireland



**Contact OUR
Generation :**

**If you've got a story or would like to be featured in our
newsletter, Email: chrisjones@amh.org.uk**

**Follow us on social
media!**



@OurGenCYP



@OurGenCYP



@ourgenerationcyp

#GrowingUpBetterTogether



OUR Generation
Bloomfield House
395-405
Newtownards Rd,
Belfast
BT4 1RH

