



Carrickfergus YMCA
Youth Club
Welcome Pack

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Welcome

Hello and thank you for signing up to attend Carrick YMCA Youth Club! We love having new young people join our youth club and we constantly have new faces in, so we have created this welcome pack to summarise all the information you will need or might want to know before coming down.

Carrick YMCA Youth Club is a safe space for young people where they can come and socialise with others, take part in activities/group work or just come to relax and chat. As an organisation we want everyone as part of the YMCA community to 'belong, contribute and thrive' and these are the values we hold dear in Youth Club and can assure you we work hard so all young people can feel this.

This document hopefully has all the information you will need but if there is anything else you need or want to know, please contact Jordan on 07718485574.

Thank you!

Jordan Brownlee

Youth Club Project Coordinator

Youth Club Opening Times

Mondays

Time: 18:30 - 21:30

Ages : 1st year +

Tuesdays

Time: 18:30 - 21:30

Ages : 1st year +

Thursdays

Time: 18:00 - 21:00

Ages : P5 - 1st Year

Friday Early Session

Time: 17:30 - 19:30

Ages : P5 - 2nd Year

Friday Late Session

Time: 20:00 - 23:30

Ages : 3rd year +

Youth Club Staff



Jordan Brownlee
Project Coordinator



Josh Humphreys
Sessional Youth Worker

Alexis Murphy
Sessional Youth Worker

Katie Aston
Sessional Youth Worker



Michael Giffen McCloskey
Sessional Youth Worker



Anna Sloan
Sessional Youth Worker



Daniel McConnell
Session Youth Worker

Alec Smyth
Sessional Youth Worker



Sophie Duff-McKenzie
Sessional Youth Worker

Youth Club Rules

In Youth Club staff and young people worked together to create boundaries, aims and rules that are appropriate for the club. We have come up with the following that we ask everybody to adhere to when they decide to join youth club:

The 5 aims of Carrick YMCA Youth Club

We aim for Respect

We aim for respect to be upheld in the youth club in many different ways:
Respect the building and the equipment. Without it we wouldn't have a youth club and if it's broken everyone will miss out.

Respect the staff. Without the staff we couldn't open and they do a lot of things in their own time to make the club better.

Respect one another. Everyone in the youth club is different but everyone has in common the fact they are part of the YMCA community. Respect each other and their ways.

Respect yourself. This is a super important one. One of our values is for people to thrive in YMCA. Give yourself the same respect you'd like someone to give you and know how important you are.

We aim for Honesty

We aim for honesty to be a core part of the youth club. We understand that accidents happen, we understand at times it seems easier to lie in the hope of getting away with something rather than owning up and overall it can be difficult to tell the truth. However no matter what happens it is important we tell the truth, regardless of what has happened or been done if the truth is told we will always work together to get through things. Actions of course can have consequences but with honesty we can deal with them together in a fair way for all.

Honesty is a two way street for us here and youth club staff will be honest with young people too.

We aim for Appropriate Language and Behaviour

We aim for language and behaviour in the youth club to be appropriate for all. While everyone a part of the YMCA community will be at different stages in their lives and will deem different language acceptable, nobody else should be made to feel uncomfortable.

Examples of inappropriate language is swearing, homophobic comments or using the Lords name in vein. This language will be challenged by staff when it happens but we also understand slips may happen.

Examples of inappropriate behaviour include intentionally going out of your way to upset someone, fighting or intentionally damaging equipment.

We aim for everyone to Try and Take Part

We aim to have an environment that everyone can at least try to take part. Taking part looks different for everyone, for some it might be them volunteering to show how something works, for others it might be just coming in through the door and there's everything else in between. Small steps of participation are still massive steps for us in youth club and we will always encourage people to get involved. When appropriate we will push young people out of their comfort zone while taking part but regardless we aim to create a safe space where young people can take part and be celebrated for it.

We aim for everyone to Have Fun!

This is our most important aim, for everyone to enjoy themselves while taking part in youth club. More importantly than anything else, a youth club should be a fun, enjoyable environment for young people where they can socialise with friends and take part in activities. We as staff promise to create an environment where young people can enjoy themselves taking part in fun activities. If you aren't enjoying yourself, have a chat with a staff member to see what we can do to help that, we like to think we have something for everyone!

Rules

The following are rules we have in place for youth club that we can't negotiate on:

- No running in the halls. You can potentially hurt yourself or someone else doing this. There is plenty of space in the sports hall to run about.
- Nobody can enter the building under the influence of drugs or alcohol. We can't ensure the safety of the other young people in the building if you enter the building intoxicated.
- No vapes brought inside. Vaping inside is against the law.
- No outside food to be brought in. This is due to potential allergies where we can't control what is brought in. Drinks are fine.
- No racist, homophobic, transphobic or any type of biggoted language or behaviour will be tolerated. We are an inclusive organisation but this kind of behaviour/language can also be classified as a hate crime.
- No food and drink downstairs. This is due to spillages being harder to deal with on the bottom floor.
- Juniors can't come back in once they have left, when they go it is to go home. Seniors can leave once and get back in, but if they leave a second time that is them for the night.
- We have to be confidential with certain issues. There are some things we can't discuss even if we want to.

By coming into the youth club, you are agreeing to adhere to these rules and work within our aims to upkeep the ethos we have in Carrick YMCA youth club.

Warning Procedures

When dealing with inappropriate behaviour/language or rules being broken in youth club, we will challenge young people on this. If this is persistent we will use the following three strike warning system:

Three Strike Warning System

The three strike warning system is used to keep track of persistent issues and ensures we handle any problem as efficiently as possible.

- **1st Strike** - This is the first occasion where a young person is given a warning. The young person will be told they are getting a warning and it will be noted down. The strike will be taken off after 1 month if there is no more issues.
- **2nd Strike** - If the issues persist, another warning will be given. At this stage the young person will be notified that their parent/guardian is going to be contacted about what is going on. Jordan will contact the parent/guardian and the young person is informed that they are on their final chance/
- **3rd Strike** - This is the final warning. Jordan will contact the parent/guardian of the young person to organise a meeting between young person, parent/guardian and Jordan. the young person will not be permitted to attend youth club until this meeting is held. At this meeting steps will be agreed to get the young person into the club again but they will have a designated night for a period of time until behaviour improves.

What constitutes warnings?

Verbal Warning

- Continually not listening to staff.
- Continually being rude to staff and/or young people.
- Telling lies.
- Swearing.
- Purposefully damaging YMCA property.
- Inappropriate language or behaviour that puts anyone at risk.
- Inappropriate use of equipment e.g. standing on tables.
- Fighting
- Discrimination
- Theft

We have very, very rarely had to use our warning system. **WARNINGS ARE OUR LAST RESORT.** We will not be giving warnings out for the sake of it and will always try to get on a level with a young person and sort it out together.

Staff will always use common sense with warnings too, if two brothers are fighting we will try to sort it out together first as they are family. Or if the behaviour is uncharacteristic for the young person, we'll get to the bottom of it together before we want to use warnings.

Tuck Price List

We have a tuckshop available that runs for an hour during our session. The following is the prices of what we have available:

| Item | Price |
|---------------------|--------------|
| Large Drink | £1.60 |
| Vitazade | 50p |
| Large Chocolate Bar | 70p |
| Small Chocolate Bar | 25p |
| Fudge | 20p |
| 10p Jellies | 10p |
| 5p Jellies | 5p |
| Lollies | 10p |
| Small Candy Bars | 20p |
| Bottled Water | £1 |

We have introduced some limits on tuckshop to ensure everyone gets a fair chance of what they want:

- No more than £2.50 spend at a time.
- No more than 50p worth of the same jellies.
- One chocolate bar per transaction.
- One large drink per transaction.
- Maximum of £1 jellies total per transaction.

What We Offer / Activities Available

Sports Hall

We have a brilliant sports hall with lots of open space that we can facilitate lots of different sports in as well as a lot of different activities. The sports/games we play in youth club include: football, basketball, unihockey, dodgeball, volleyball and rounders. Some examples of the type of activities we also do in the sports hall are: group work, teamwork games and celebration events.

Tuck Shop

We have a tuck shop in youth club where young people can bring a small amount of money to spend. What we have on offer includes chocolate bars, jellies, candy bars, fizzy drinks and bottles of water. The recommended maximum amount for tuck shop we would recommend is £2 as this is the limit we set per transaction.

Gaming Consoles

We have numerous gaming consoles in youth club with the latest games. We have PlayStation's, Nintendo Switches and an Xbox. We are always updating our gaming systems to add more, both newer models but also older models for retro gaming. We're extremely open to recommendations on games to purchase that would be of interest to the young people.

Games Tables

We have two pool tables, a ping pong table and an air hockey table in youth club. There are systems in place to ensure everyone gets a fair go at these.

Project Work

We offer different types of group work in youth club. Project work generally runs for 60 minute sessions and can last anywhere between 1 week to 6 weeks. The topics range from set topics that have been long term established needs through to relevant issues that happen to young people unforeseen. Sometimes our project work is done with small numbers, using games and conversation to engage young people on relevant topics but we also sometimes use larger groups and practical activities. On the following page we will look further into our group work and what topics we cover. The projects are split into junior and senior sessions.

Project Work

We have different project work that goes on in youth club. Project work is a more targeted, specific work where we look at a specific topic and learn more around that. Some of the benefits we have found to carrying out project work has been the ability to look at difficult topics in safe ways, new friendships formed through similar interest and confidence building.

Below is a list of the themes we look at throughout the year and a brief idea of what this includes.

Good Relations

This theme looks at how everyone gets on with each other, how we can build together for better times and celebrating differences. The type of things we look at here is conflict/conflict resolution, respect for others, different cultures and how we can create a better future in our own country.

EDI (Equity, Diversity and Interdependence)

This theme looks at things such as how we as people rely on each other, the differences we each have that make us unique and how we can treat others fairly. We look at this with a view of what it looks like in youth club and how it looks in life.

Health

This theme generally looks at how we can live a healthier life. We look at different types of health including mental health, sexual health, physical health, emotional health and generally healthy lifestyle choices.

Social Action

This theme looks at how we can contribute towards helping with a social issue, with a particular focus on the social issues in our own community. In this project we look at our own communities, what issues are at hand there and how we can help with these both short term and long term.

Youth Committee

This project brings together a small group of young people that will look at the youth club and discuss what is good and what can be improved. The young people will run some activities throughout the year too.

Young Leaders

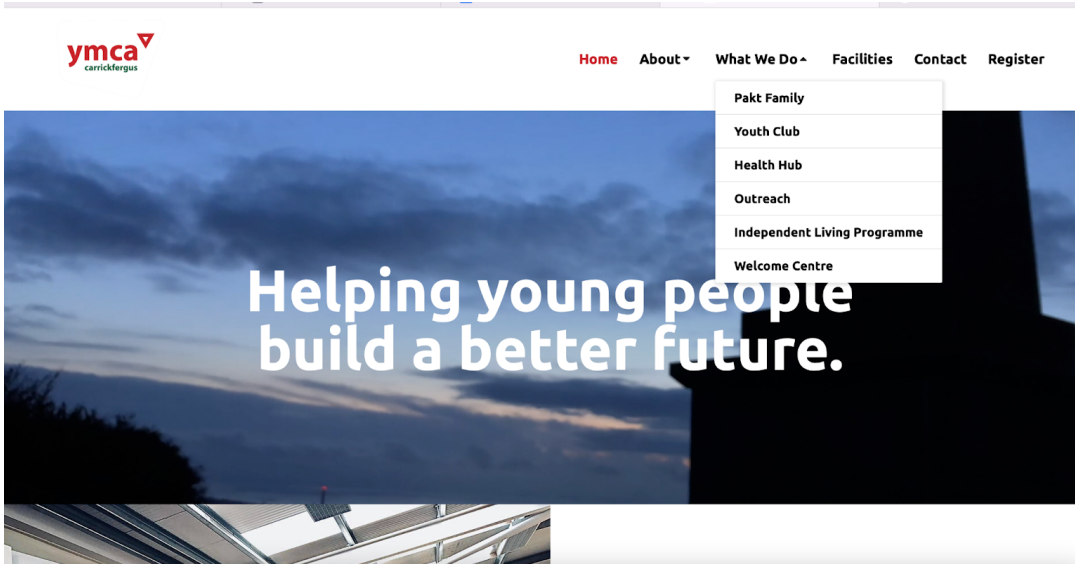
This project is a long term project for young people aged 14-17 who want to volunteer in youth club. Young people will take part in training sessions and then begin to volunteer one night a week in the youth club with the junior age bracket. This is our only project where young people apply to join.

The above list is the projects that we run at least once every three months. We also have other projects that we will run as and when a need arises and there is demand from young people. Some examples are anti-bullying or employment.

How To Sign Up For Sessions

Below is a step by step guide on how to sign up for a youth club session:

Step One: Go to carrickymca.org and under the what we do drop down, click on the youth club link.



Step Two: Once on the youth club page, scroll down and you will see there is a heading 'Session Sign Up'. From here, click on the red button that says 'Session Sign Up'.

Registration

All young people must be registered with Carrickfergus YMCA before attending any programmes.

If you are already registered, you can simply sign up for the appropriate session at the beginning of each week.

[Register Here](#)

Session Sign Up

Session spaces are limited and all young people are required to sign up for each session below (no drop in/walk in).

Weekly session sign up will be available from the beginning of each week. Please sign up for all sessions using the link below.

[Session Sign Up](#)

FAQs

Step Three: Once you click on that link, you will be taken to a web page that looks like the one in the picture above. Whatever session you want to sign up for click on the red box and it will take you to the final page.

| Youth Club Evenings | Health Hub Afternoons |
|--|---|
| Monday Evening Youth Club - 6:30-9:30pm (Year 8+) | Monday Afternoon Health Hub - 4:00-6:00pm (Year 8+) |
| Tuesday Evening Youth Club - 6:30-9:30pm (Year 8+) | Tuesday Afternoon Health Hub - 4:00-6:00pm (Year 8+) |
| Thursday Evening Juniors - 6:00-9:00pm (P5 - Year 8) | Thursday Afternoon Health Hub - 4:00-5:00pm (Year 8+) |
| Friday Evening Juniors - 5:30-7:30pm (P5 - Year 9) | |
| Friday Evening Seniors - 8:00-11:30pm (Year 10+) | |
| Saturday Evening Juniors - 5:30-7:30pm (P5 - Year 9) | |
| Saturday Evening Seniors - 8:00-11:30pm (Year 10+) | |

Step Four: Once you click on the link for whatever night you want to sign up to, you will be taken to this form. In order to sign up for a night you complete this form. If you are able to fill the form in and receive a 'thank you for completing this form' message, you will have signed up successfully for the youth club session.

THURSDAY EVENING

Thursday Evening - Session Sign Up

Please fill out the information below to register for Thursday Evening Youth Club.

Session: Thursday Evening 6:00-9:00pm.
Age Group: P5 (Age 9) - Year 8

Due to COVID-19 restrictions, this group is limited to 40 young people. Please note young people will be required to wear a mask during youth club sessions when moving about unless exempt.

Registration is on a first come first served basis, anyone that does not register via this form and is not in our responses will not be able to attend the session.

If there are any questions, please contact Jordan at jordan.brownlee@carrickymca.org or call YMCA on 028 93 355 890

jordan.brownlee@ymca-ireland.net [Switch accounts](#)

***Required**

Email *

Your email address

Frequently Asked Questions

Is there a cost?

Each night costs £1 entry fee but there is no registration fee.

Are there trips/special events?

We run special events and trips throughout the year! If something is coming up we give notice to young people and parents and send signup forms out.

How will parents receive information?

Once registered for Youth Club, there is a WhatsApp broadcast list parents are added to. On the first day of the working week a WhatsApp will be sent out with any relevant information and links to the sign ups.

A WhatsApp broadcast is not a group chat, you will only receive and send messages to / from the YMCA mobile number but must have that number saved for the WhatsApp to be received.

All of our information is on our social medias (facebook and instagram) as well as our website too.

What amount do you recommend as tuck shop spending money?

£2 Is more than enough but less than that is fine too as there are different priced items.

If I am registered with another YMCA programme, do I need to re-register?

You do not need to re-register for YMCA as the registration goes across all our programmes. You still will need to sign up to each session however.

Is youth club an appropriate space for young people with additional needs?

YMCA works hard to be an inclusive space for everyone regardless of needs or abilities. Our staff team is experienced in working with young people from all walks of life that come in with different circumstances. All young people are treated fairly with respect and understanding.

How do you welcome/get new young people involved on their first night?

There are designated steps for new young people where a member of the youth club team will show them around, introduce them to members of youth club and integrate them into some activities they might like. This happens on their first night of attendance.

Helping young people build a better future.

Carrickfergus YMCA is a cross-denominational youth organisation committed to Christian social action in the local community. CCNI No: NIC 103155, Company No: NI49989, HMRC ref No: XR54850
www.carrickymca.org