



# Carlow & Kilkenny Children & Young People's Services Committees

Volume 3; Number 25

July 7<sup>th</sup> 2017

**Carlow Regional Youth Service**

**THE VAULT**

**Stepping Stones Camp 2017**

**Calling all 6<sup>th</sup> class students!!**

4 days of activities including creative arts, introduction to secondary school life, sports and fun activities.

Dates: Week 1 August: 1<sup>st</sup> to 4<sup>th</sup> or Week 2 8<sup>th</sup> to 11<sup>th</sup>

Programme times: 10am - 3pm

Venue: The Vault Youth Centre, Burren Street

Cost: €40

You can pick up a registration form from Jamie @ The Vault

Closing date: Friday July 21<sup>st</sup> @ 5pm

For further queries please contact: Jimmy @ The Vault Ph: 059 9133714, 085 1397397, or check out our Facebook or just drop in.

Limited places are available. Please note that places will be given on a first come first serve basis.

*"WE WORK TO EMPOWER YOUNG PEOPLE TO ACHIEVE THEIR POTENTIAL THROUGH QUALITY YOUTH WORK"*

Montgomery House, Athy Road, Carlow 2 www.carlowvvs.ie t: 059 9130476 e: CHV.15667

CWA invites you to take part at the certificated Training:

*Solution Focused Thinking*



*This course provides you with the tools to help the client identify their desired outcome and supporting them in achieving it!*

Time: 18<sup>th</sup> & 19<sup>th</sup> of July 2017  
 Venue: In Carlow - further information is following  
 Cost: 100€  
 Closing date for registration: 11<sup>th</sup> of July 2017  
 Contact details: Carlow Women's Aid  
 7 Old Dublin Road  
 0599173552/3  
 carlowwomensaid@gmail.com

**PREGNANCY YOGA**

**6 WEEK TERM**

**€70**

**PLACES MUST BE BOOKED IN ADVANCE**

**THURSDAYS**  
**18:45 - 20:00**  
**06/07/17 - 10/08/17**

**SUITABLE FROM 14 WEEKS ONWARDS**

**ST CATHERINE'S COMMUNITY CENTER CARLOW**

**FACEBOOK.COM/SIMPLYYOGAIRELAND**  
**PHONE: 085 1121 699**

**Simply Yoga Ireland**

**COUNTY CARLOW LOCAL SPORTS PARTNERSHIP**

**Multi-Activity Inclusive Summer Camp 2017**

This camp is open to boys and girls with additional needs and their siblings, from 6 years+.

Organised by County Carlow LSP in conjunction with Carlow County Council, IT Carlow & Carlow Regional Youth Services.

**Mon August 14th - Thurs Aug 17th, 2017**

**10.30am to 2pm each day**

**@ IT Carlow**

We are delighted to announce that Joanne Wall will coordinate the multi-sport inclusive camp this year.

Further details to follow. To register you interest send an email with your contact details to Joanne at [joannewall@gmail.com](mailto:joannewall@gmail.com)

**CONTACT CAMP COORDINATOR JOANNE WALL @ JOANNEWALL@GMAIL.COM TO REGISTER YOUR INTEREST**

Local Sports Partnership Office, Carlow County Council, Athy Road, Carlow. Phone: 059 9136207/205. Mobile: 087 214 5262. Email: [myduggan@carlowcoco.ie](mailto:myduggan@carlowcoco.ie)

**MORE PEOPLE, MORE ACTIVE, MORE OFTEN!**

## Europe's risk of alcohol-related cancer

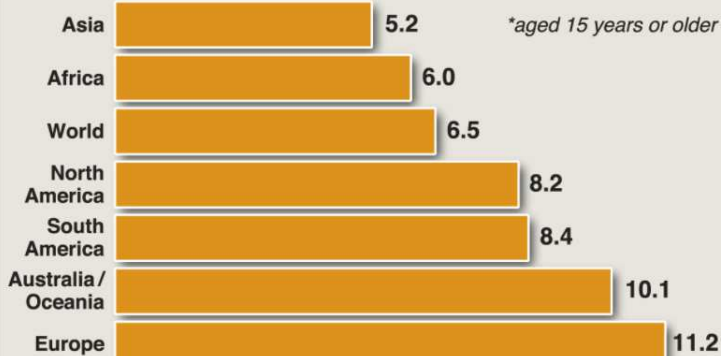
Europe's drinking habits are putting its people at a higher risk of cancer, a report by the United European Gastroenterology group finds. Europeans drink more alcohol than people on any other continent



### Cancers that can be caused by alcohol

1. **Mouth and throat:** Oral cancers are about six times more common in drinkers than non-drinkers
2. **Larynx:** Heavy drinkers have about three times risk of developing laryngeal cancer
3. **Oesophagus:** Five-year survival rate is 15%
4. **Breast:** In Europe 7.7% of breast cancers are attributable to alcohol
5. **Liver:** Cirrhosis increases risk by 12%
6. **Gastric:** Stomach cancer. 7. **Pancreas**
8. **Bowel:** Bacteria in bowel can convert alcohol into acetaldehyde which is carcinogenic

Alcohol consumption per person\* (litres pure alcohol, 2010)



Europe's heaviest drinkers (litres pure alcohol, 2016)

Lithuania	18.2	Croatia	13.6	Hungary	12.3
Czech Rep.	13.7	Belgium	13.2	France	11.7
Romania	13.7	UK	12.3	Germany	11.4
Bulgaria	13.6	Poland	12.3	Slovenia	11.3

Sources: BioMed Central, Cancer Research UK, EurekAlert, WHO

© GRAPHIC NEWS

Ireland consumed an average of 14.4 litres of alcohol between 2003-2005. The average decreased to 11.9 litres between 2008-2010

## Anyone 4 Science

Summer Camp 2017



### Teen Summer Camp 2017

- \*Chemical synthesis, dissection and enzyme reactions
- \*Royal Society of Chemistry's Spectroscopy
- \*participate in the RSC global experiment
- \*try some cool space science experiments and spend a day on pneumatics, soldering and electronic projects



087-6749608  
info@anyone4science.com  
www.anyone4science.com  
Early Booking Discount

Institute of Technology Carlow  
10-14 July and 17-21 July

## Foroige DRUM Youth Centre

Summer 2017  
Weekly



**Drop In Youth Cafe**  
3rd - 6th Years  
Fridays 4 - 6pm  
Saturdays 2 - 5pm  
**Activity Group**  
1st & 2nd Years  
Fridays 3 - 4pm

**Activity Prog**  
1st & 2nd Years  
Based in The DRUM

WEEK OF JUNE 19

Young people discover their own interests, skills, strengths & passions

WEEK OF JUNE 26

**Youth Leadership**  
Age 15+  
Based in Castlecomer

**Art & Activity Prog**

Young people going into 1st Year  
Young people in 1st & 2nd Year  
Based in Castlecomer

WEEK OF JULY 03



WEEK OF JULY 17

**Activity Prog**  
3rd - 6th Years  
Based in The DRUM

**Summer Celebration**  
3rd - 6th Years  
Based in The DRUM

JULY 27

**Contact:**  
Rosie O'Brien  
086 299 7677 for Castlecomer based programmes.

Kate Carroll (086 7736975)  
Rita Comerford (086 7736978)  
for DRUM based activities.



## SUMMER CAMP

03 - 07 July 2017

10 - 14 July 2017

Summer Camp - Little Steps at Forward Steps

If you are interested in registering your child, please contact Marese on 086 4674784 or reception on 059 9152776.

€37.50 per week  
€10 deposit required to secure your place

Catering for children from 3 - 12 years

Themed days with lots of fun activities including science experiments, a dance class, face painting, baking, obstacle course, treasure hunt

Lunch provided

Limited places available

LITTLE STEPS AT FORWARD STEPS FRC  
Chapel Lane,

Tullow,

Co. Carlow

059 9152776 / 086 4674784



**Parents urged to apply for school clothing allowance** <https://www.irishtimes.com/news/social-affairs/parents-urged-to-apply-for-school-clothing-allowance-1.3141214>

**Dental extractions increase as State support for treatment falls**

<https://www.irishtimes.com/news/health/dental-extractions-increase-as-state-support-for-treatment-falls-1.3140951>

**Birth mothers had to adopt own children in 65 cases last year** <https://www.irishtimes.com/news/social-affairs/birth-mothers-had-to-adopt-own-children-in-65-cases-last-year-1.3139537>

**Struggling school buses will be saved if number of pupils goes up, says minister**

<http://www.independent.ie/irish-news/politics/struggling-school-buses-will-be-saved-if-number-of-pupils-goes-up-says-minister-35887766.html>

**Government urged to stub out tobacco 'combi-packs' aimed at young** <http://www.independent.ie/irish-news/health/government-urged-to-stub-out-tobacco-combipacks-aimed-at-young-35887795.html>

**Minority religious groups need school ethos protected** <http://www.independent.ie/opinion/comment/minority-religious-groups-need-school-ethos-protected-35883447.html>

**Families of homicide victims concerned at unrecorded crime** <http://www.irishexaminer.com/ireland/families-of-homicide-victims-concerned-at-unrecorded-crime-453912.html>

**Wider access to medical cards in budget** <http://www.irishexaminer.com/ireland/wider-access-to-medical-cards-in-budget-453935.html>

**Why there is no need for parents to feel alone** <https://www.irishtimes.com/life-and-style/health-family/parenting/why-there-is-no-need-for-parents-to-feel-alone-1.3129694>

**Over 2,400 children waiting for child mental health services** <https://www.irishtimes.com/life-and-style/health-family/over-2-400-children-waiting-for-child-mental-health-services-1.3130980>

**From 'Toy Story' to you: How a Galway family are making a difference on autism**

<https://www.irishtimes.com/life-and-style/health-family/from-toy-story-to-you-how-a-galway-family-are-making-a-difference-on-autism-1.3129728>

**Can a MediaWise campaign help kids see through the advertising world?**

<https://www.irishtimes.com/business/media-and-marketing/can-a-mediawise-campaign-help-kids-see-through-the-advertising-world-1.3142263>

**Minister wants free theatre access for children** <http://www.independent.ie/irish-news/politics/minister-wants-free-theatre-access-for-children-35892481.html>

**Bedsits could be part of housing strategy** <http://www.irishexaminer.com/ireland/bedsits-could-be-part-of-housing-strategy-454016.html>

**Threshold warns bedsits are not the solution to housing crisis**

<http://www.irishexaminer.com/breakingnews/ireland/threshold-warns-bedsits-are-not-the-solution-to-housing-crisis-796399.html>

**Over 56,000 people in Ireland get help for alcohol abuse** <http://www.irishexaminer.com/ireland/over-56000-people-in-ireland-get-help-for-alcohol-abuse-453970.html>

**Irish parents urged to tackle obesity with play** <http://www.irishexaminer.com/ireland/irish-parents-urged-to-tackle-obesity-with-play-454090.html>

**A Postcard from the Dole: Early Years workers to highlight employment conditions**

<http://www.irishexaminer.com/breakingnews/ireland/a-postcard-from-the-dole-early-years-workers-to-highlight-employment-conditions-796390.html>

**Worries at rise in meningitis C cases** <http://www.independent.ie/irish-news/health/worries-at-rise-in-meningitis-c-cases-35896828.html>

**Iraqi children showing signs of 'toxic stress' after fleeing war-torn Mosul**

<http://www.irishexaminer.com/breakingnews/world/iraqi-children-showing-signs-of-toxic-stress-after-fleeing-war-torn-mosul-796381.html>

**New cancer strategy to extend screening services** <https://www.irishtimes.com/news/health/new-cancer-strategy-to-extend-screening-services-1.3143504>

**Tencent sheds \$15.1bn after limiting game time for children**

<https://www.irishtimes.com/business/technology/tencent-sheds-15-1bn-after-limiting-game-time-for-children-1.3143523>

**Hiqa to assess if HPV jab should be extended to boys** <http://www.irishexaminer.com/ireland/hiqa-to-assess-if-hpv-jab-should-be-extended-to-boys-454057.html>

**Flu patch could herald end of vaccination by injection** <https://www.irishtimes.com/news/health/flu-patch-could-herald-end-of-vaccination-by-injection-1.3136832>

**Woman 'would not have died' if methadone provided outside Dublin**

<https://www.irishtimes.com/news/health/woman-would-not-have-died-if-methadone-provided-outside-dublin-1.3144275>

**Digital age of consent should be 13, says children's rapporteur** <https://www.irishtimes.com/news/ireland/irish-news/digital-age-of-consent-should-be-13-says-children-s-rapporteur-1.3144424>

**Zappone to explore ways to improve pay in childcare sector**

<https://www.irishtimes.com/news/politics/oireachtas/zappone-to-explore-ways-to-improve-pay-in-childcare-sector-1.3144632>

**Census 2021 set to include questions on religion and ethnicity** <https://www.irishtimes.com/news/social-affairs/census-2021-set-to-include-questions-on-religion-and-ethnicity-1.3144624>

**Children who own smartphones are more likely to have head lice**

<http://www.independent.ie/business/technology/children-who-own-smartphones-are-more-likely-to-have-head-lice-35900719.html>

**Two alcoholic drinks a day raises cancer risks, says study** <http://www.irishexaminer.com/ireland/two-alcoholic-drinks-a-day-raises-cancer-risks-says-study-454124.html>

**Living Wage increases to €11.70 an hour** <http://www.irishexaminer.com/breakingnews/business/living-wage-increases-to-1170-an-hour-796419.html>

**Ireland is drinking less but Europeans most at risk of alcohol related cancer: report** <http://www.irishexaminer.com/breakingnews/world/ireland-is-drinking-less-but-europeans-most-at-risk-of-alcohol-related-cancer-report-796440.html>

**Expectant mothers advised to avoid excess consumption of fructose** <https://www.irishtimes.com/news/health/expectant-mothers-advised-to-avoid-excess-consumption-of-fructose-1.3145746>

**Shortage of beds in child mental health service, Seanad told** <https://www.irishtimes.com/news/health/shortage-of-beds-in-child-mental-health-service-seanad-told-1.3145350>

**Census reveals Ireland's oldest and youngest towns** <https://www.irishtimes.com/news/social-affairs/census-reveals-ireland-s-oldest-and-youngest-towns-1.3145415>

**State struggling to provide services for refugees** <http://www.irishexaminer.com/ireland/state-struggling-to-provide-services-for-refugees-454237.html>

## BRITAIN

**Parent's heartfelt warning about social media and the 'casual cruelty' that young people can inflict on each other** <http://www.belfasttelegraph.co.uk/opinion/letters/parents-heartfelt-warning-about-social-media-and-the-casual-cruelty-that-young-people-can-inflict-on-each-other-35884304.html>

**Indian woman in fifth acid attack despite police protection** <https://www.theguardian.com/world/2017/jul/02/indian-woman-in-fifth-acid-attack-despite-police-protection>

**Small ads sex trafficking: the battle against Backpage** <https://www.theguardian.com/global-development/2017/jul/02/fight-for-my-daughter-battle-against-backpage-child-sex-trafficking>

**We need to rethink the way we imagine race and culture** <https://www.theguardian.com/world/2017/jul/01/kenan-malik-sikh-adoption-mander-race-culture-society-ethnicity>

**Family wants girl's Drayton Manor death to spur theme parks safety boost** <http://www.belfasttelegraph.co.uk/news/uk/family-wants-girls-drayton-manor-death-to-spur-theme-parks-safety-boost-35892969.html>

**Reading, writing and maths standard unmet by 39% of primary school pupils** <http://www.belfasttelegraph.co.uk/news/uk/reading-writing-and-maths-standard-unmet-by-39-of-primary-school-pupils-35893487.html>

**Pupils with some anxiety 'more likely to leave school with a qualification'** <https://www.theguardian.com/education/2017/jul/06/pupils-school-anxiety-qualification-academic-success>

**Shotgun certificates issued to more than 3,500 children and teenagers** <http://www.belfasttelegraph.co.uk/news/uk/shotgun-certificates-issued-to-more-than-3500-children-and-teenagers-35901836.html>

## TULLOW

Date	Programme	Venue	Age	Price	Contact
9th June	Movie Afternoon 3pm-5pm	Cafe Jamrock Tullow	6th class/ 1st Yrs	€3	Cathy 085 8338732
Mondays & Thursdays June/July	Drop-in 3pm-4:30pm 6pm-8:30pm	Cafe Jamrock Tullow	6th class/ 1st Yrs 13-16yrs	€1	Cathy 085 8338732
Every Tuesday	Drop-in 6:30pm-8:30pm	Cafe Jamrock Tullow	13-16yrs	€1	Cathy 085 8338732
3rd July	Generation Connection	Cafe Jamrock Tullow	6th class/ 1st Yrs 13-16 yrs	€1	Cathy 085 8338732
10th, 11th, 13th, 17th, 18th, 20th July	Come Dine with Me 1pm-4pm	Cafe Jamrock Tullow	6th class/ 1st Yrs	€5	Cathy 085 8338732

### Our Mission:

*“We work to empower young people to achieve their potential”*



## DAY TRIPS CARLOW & TULLOW

Date	Pro-gramme	Venue	Age	Price	Contact
21st July	Day Trip	Vault	10-12yrs	€20	Siobhan 085-7897339
24th July	Dublin Zoo (Tullow)	Cafe Jamrock Tullow	6th class/ 1st Yrs	€20	Cathy 085-8338732
25th July	Day Trip (Tullow)	Cafe Jamrock Tullow	13-15yrs	€20	Cathy 085-8338732
27th July	BBQ 5pm-7pm	Cafe Jamrock Tullow	All	€2	Cathy 085-8338732

### Our Services include:

- Community based Youth Projects in Graiguecullen and on the Tullow Road
- Teenage Youth Centre in the Vault, Tullow and Bagenalstown
- Follaine Youth Counselling Service
- YARC One to One Support Service
- FRIENDS, Resilience Building Programme
- The Hub Garda Youth Diversion Project
- County Carlow Drugs Initiative
- Carlow Youth Sports Development Project
- Community Employment Programme
- Afterschool Programmes in 3 locations in Carlow Town and Graiguecullen

# CARLOW REGIONAL YOUTH SERVICE

## SUMMER CAMP SCHEDULE 2017



Carlow Regional Youth Service  
Youth Work Ireland  
Est. 1988

Montgomery House,  
Athy Road,  
Carlow  
(059) 9130476

*Check out our Facebook Page for regular Programme updates*

**“Working with young people in Carlow since 1988”**

## JUNE EVENTS CARLOW

Date	Programme	Venue	Age	Price	Contact
All Summer	Drop-In	The Vault	12-18yrs	€5 annual fee	Jamie 085-1397397
8th June	Dancehall Project Showcase	Visual Carlow Arts Festival	All	Tickets Visual	Jamie 085-1397397
13th-15th June	Bike Camp	The Vault	13-16 yrs	€30	Karen 085-7897288 JJ 085-7132751
13th-15th June	Wilderness Survival Camp	Fruithill Graiguecullen	13-15 yrs	€30	Siobhan 085-7897339 Paul 085-7897279
20th-23rd June	Kayaking Level 2 Camp	The Vault	13-15 yrs	€60	Karen 085-7897288 JJ 085-7132751
27th-29th June	Uber Sports Camp	The Vault	13-15 yrs	€30	Jamie 085-1397397



## JULY EVENTS CARLOW

Date	Programme	Venue	Age	Price	Contact
4th-7th July	Uber Camp	The Vault	12-15yrs	€40	Jamie 085-1397397
4th-7th July	Carlow Camp Training	CBS	16+ yrs	Free	Montgomery House 059-9130476
10th – 14th July	Carlow Camp	Carlow Venues	5-12 yrs	€45 / €35 Un-waged	Montgomery House 059-9130476
11th-14th July	Sunshine Programme A Young Women's Camp	The Vault	12-16yrs	€40	Leanne 085-2722379
18th-20th July	School of Rock	Fruithill Graiguecullen	10-12yrs	€30	Paul 085-7897279 Siobhan 085-7897339
18th—20th July	Extreme Adventure Camp	The Vault	6th Class	€30	Paul 085-7897279 Siobhan 085-7897339
24th-26th July	Youth Leadership Residential	The Vault	14-17yrs	€30	Jamie 085-1397397
24th-28th July	Tullow Road Summer Camp	TBC	5-12 yrs	€45 / €35 Un-waged	Paul 085-7897279

## JULY EVENTS COUNTY

Date	Programme	Venue	Age	Price	Contact
24th-28th July	Bagenalstown Summer Camp	Ghleann na Bhearu	12-16yrs	€30	Kate 086-1449917 Jamie 085-1397397
24th – 28th July	Borris Teenage Camp	BVS	13-16yrs	€50	JJ 085-7132751

### JULY EVENTS HACKETSTOWN

Date	Programme	Venue	Age	Price	Contact
17th-21th July	Hacketstown Summer Camp	St. Joseph's NS	10-12yrs	€40	Aishing 086-7713793 JJ 085-7132751

### AUGUST EVENTS CARLOW

Date	Programme	Venue	Age	Price	Contact
1st-4th	Stepping Stones Camp	The Vault	6th Class	€40	Jamie 085-1397397 Siobhan 085-7897339
2nd-4th	Teenage School of Rock	Fruithill Graiguecullen	12-15yrs	€30	Paul 085-7897279
8th-11th	Stepping Stones Camp	The Vault	6th class	€40	Siobhan 085-7897339 Jamie 085-1397397
14th-18th	Graiguecullen Summer Camp	TBC	5-12yrs	€45 / €35 Un-waged	Siobhan 085-7897339