



Le Chéile staff enjoy the Head Office's official opening.

New Le Chéile Office Opens in Tivoli Centre

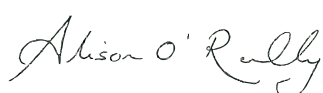
Welcome to the new issue of Le Chéile news! We've had a busy few months in all of the projects, and have launched the Restorative Justice project in Limerick. This innovative new project will work with young people, volunteers and victims of crime to encourage safer communities.

Le Chéile also celebrated the official opening of our head office in July with the Minister for Justice and Law Reform Dermot Ahern, T.D. in attendance. The Tivoli Training Centre in Dún Laoghaire is a new purpose-built centre, containing a training centre for young people involved with the Probation Service, a drug and alcohol addiction project and the Le Chéile project.

Minister Ahern spoke about the benefits of community-based organisations working in partnership with the Probation Service, noting that "through our combined efforts we can and will make a difference in the lives of people in the community."

The Le Chéile staff had the opportunity to meet with members of local community groups and Probation Service representatives.

Lastly, congratulations to our Accounts Assistant, Rele Aliu, who had a baby girl in October. Both mother and baby are doing well and all our warm wishes are with them.



CEO, Le Chéile



Alison O'Reilly CEO, Le Chéile & Minister for Justice and Law Reform Dermot Ahern.

In this Issue:

- Le Chéile Restorative Justice Project Launched
- Strengthening Families Programme Update
- Mentors at Strengthening Families Training
- Mentors' Ongoing Training Around the Regions
- Volunteer Social Events
- Focus on the South-East
- Face of Le Chéile
- Did you know?

Mentors at Strengthening Families Training



Le Chéile were delighted to be involved with delivering the Strengthening Families training nationally this year and to be able to extend the training out to our volunteers also. The Strengthening Families training always brings together a great mix of agencies all working with parents, teenagers and families. It's always a real pleasure to be involved with these agencies.

To date there have been 6 trainings provided nationally by Carol, Sean and Senior Probation Officer Rosemary Fox. These trainings took place in Dundalk, Cavan, Dublin North, Limerick, Cork and Wexford. Overall it resulted in close to 200 personnel being trained to facilitate and refer to the Strengthening Families Programme. For our volunteers, it enables them to support a family who is currently involved with Le Chéile through the programme.

Carol and Séan would like to say a big thank you to all our volunteers who did the training this year and we hope the experience will benefit both yourselves and the families with whom you work.



Mentors' Ongoing Training Around the Regions

Mentors around the country have been busy with a variety of ongoing trainings, talks and information evenings. In Cork, Mentors attended training by the HSE on **Safe TALK**, where they learned how to provide practical help to people who were having suicidal thoughts, using the steps of TALK (Tell, Ask, Listen, Keepsafe).

In the Limerick, Mentors attended an information and training session introducing them to the concept of **Restorative Justice**, facilitated by Le Chéile's Restorative Justice Co-ordinator, Mary Henihan.

Dublin North and Dublin South held training on **Motivational Interviewing**, and Mentors from both regions learned about the general principles of M.I. and some practical skills and techniques that they could incorporate while working with young people and parents.

In July, the Midlands region held training on **forensic psychology**, which gave Mentors an introduction to the different types of work that might be undertaken by a F.P. and looked at how an individual might justify offending behaviour to themselves, and in particular how Cognitive Behaviour Therapy can work well with a young



person around their offending behaviour.

Volunteer Social Events

During the summer, Mentors around the country took advantage of the occasional sunny day to meet up as part of our social events and volunteer recognition!

Dublin North and Dublin South came together to have a summer barbeque. Attempts to hold it outside failed miserably due to our Irish weather and so it quickly became an indoor event! The two projects enjoyed meeting and catching up.

The Midlands region held its inaugural football tournament to great success, and may be the first of many given the enthusiasm of all teams!

Cork Mentors enjoyed a relaxed meal in the cozy surroundings of Green's restaurant, and got a chance to catch up with everyone after the summer.

The Limerick project took a trip out to Cloonagh Golf Driving Range where they had a great time auditioning for the Ryder Cup, some with more success than others! The afternoon was rounded off nicely with a barbeque.

Le Chéile Restorative Justice Project Launched

The Le Chéile Restorative Justice Pilot Project is a new and exciting initiative which was established in Limerick City in 2010. The project aims to establish a model for professional practice when working with young offenders aged 12-18 years. It is a multi-agency response to youth offending and it aims to promote a new way of thinking in terms of RJ practices across the community and voluntary sector.

The overall vision of the project is to restore community values in Limerick by involving juveniles who have caused harm, the people who were harmed and the community in a process which addresses the needs of the victim, holds the youth accountable for the damage and provides possible restoration and healing for all.

The project has adopted a collaborative approach in rolling out this initiative in which Le Chéile's Manager Seán Kinahan and Senior Probation Officer John Brosnahan from Young Persons Probation have been instrumental in managing and supporting this initiative. The project has attracted great interest from the Limerick area with the Limerick Leader newspaper covering the new initiative (03/05/2010). The Restorative Justice Project is coordinated locally by Mary Henihan and project worker Sarah Butler.

Limerick Mentors got the opportunity to learn more about this project at a training session introducing the concept of Restorative Justice in September. The group of volunteers present were very enthusiastic and participated to a very high level on the day.



Strengthening Families Programme Update

Le Chéile Strengthening Families project has been very busy working with a number of different Strengthening Families programmes around the country, providing funding and assisting the committees that organise each programme by helping with the development of policies and practices. All of this ensures that each programme is effective in its delivery and strives to achieve best practice in the provision of family-centred services nationwide.

In addition, Le Chéile assists with other Strengthening Families Programmes where funding is not provided, but where the organisers ask for assistance with training professionals in the area, or with policies and procedure, and general guidance. Programmes involved with Le Chéile in this way include Dublin North West, Limerick City, Newcastle/Abbeyfeale, Kilkenny, Meath, Enniscorthy, Belfast and Donegal.

Le Chéile Strengthening Families Programme have approved funding for up-coming programmes in Mahon, Ennis, Tralee, Killorglin, Dublin North East, Dundalk, Tuam and Wexford. This means that since Le Chéile piloted a series of programmes last year for the Probation Service, all the counties in Ireland bar two have run at least one Strengthening Families Programme, which is a great achievement for all involved and provides much needed support to families nationwide.

Carol and Seán would like to thank the various agencies based in these regions that assisted with the programmes, the training days, organising venues, meals and making each programme a truly inter-agency effort. We'd also like to welcome our three volunteers Emma, Elaine and Aoife who are helping with the co-ordination of Strengthening Families nationwide.



Focus on the South-East

Le Chéile's project in the sunny south-East is based in Waterford and was one of the first set up after the original Dublin project. Heather Sinnott has been the co-ordinator since it was established in 2006.

In 2010 new volunteers attended a drugs talk in New Ross, provided by the Community Based Drugs Initiative (CBDI). Mentors also visited the Aislinn Centre in Co. Kilkenny, which is a rehabilitation centre for adolescents with drug, alcohol and gambling addictions. In addition, two volunteers are participating in an eight-week occupational first aid course run through the Waterford Volunteer Committee

This summer, all Mentors came together for a boat trip along the River Barrow as part of volunteer recognition, and enjoyed a meal afterwards.

The project covers a large region including Waterford city and county, south Tipperary, New Ross and South Kilkenny, and has a total of 34 volunteer mentors at present. The region runs group supervisions in Waterford, New Ross and Clonmel.

The expansion of this region from Waterford in 2006 to the South-East today is due in no small part to the enthusiasm and commitment of the volunteers, many of whom have been here from the beginning of the project!



Face of Le Chéile

Recently I was picked to become the face of Le Chéile. At first I was not sure what to expect. I'm not used to getting my photos taken at all. On the Friday I was up bright and early to make my way over to Le Chéile. I had never been in the Dún Laoghaire offices before. Mary was kind enough to pick me up as I got lost on my way! When I went in I was greeted with the usual kind welcome from all the staff. We got to meet the makeup artist and also the photographer. Both were exceptionally nice and made me feel instantly relaxed about the photo shoot.

I met the two other Mentors, Peter Maguire and Matthew Doyle, who were also taking part in the photo shoot. One by one we got our make-up done. Yes, even the boys got their make up done! Nadia Macari, the make up artist, was fantastic and had a great personality to go with it. She put so much time and effort in to doing the hair and make up. I got to get a small glimpse in to the lifestyle of full-time models and TV personalities.

Next we had a group photo shoot. Ciúin Treacy really put us at ease getting us to smile and laugh and enjoy the session. It took a while but it's amazing how you start to relax and feel at ease with the camera. We also were lucky with the weather so a few shots were taking outside.

Next we had the individual shoots. Again at first I was quite shy and nervous but Ciúin again really made it much easier. When it all finished we sat down for dinner with the staff of Le Chéile. It was such a nice opportunity to catch up with everyone. As I did not know the other mentors too well, it also gave me a chance to meet and learn more about them. As with all the mentors in Le Chéile, you could see the passion and commitment both had for the project. I think this is great to see and it is a common theme seen throughout the organisation, staff included. To top it all off we got to stay in the local hotel The Royal Marine Hotel, which was the icing on the cake. I really had such a lovely day and it was such a great experience. It is something I will always appreciate and honour.

Lastly I just want to pass on my appreciation and thanks to Ciúin and Nadia. They were both so warm-hearted and made you feel like you knew them a lifetime. I can see them both going far in their career. I would also like to thank Mary, Claire, Alison and all the staff at Le Chéile for their kindness.

Cathy, Dublin South



? Did you know?

- Le Chéile Mentors worked with 100 young people and 22 parents last year.
- The Le Chéile volunteers spent 2,293.5 hours last year mentoring young people and parents.
- The Strengthening Families Programme supported 62 families in 2009.
- The Strengthening Families Programme has been run in every 24 out of 26 counties in Ireland at least once.
- 60 new Mentors have been recruited and trained so far in 2010.