



An Roinn Leanaí, Comhionannais, Micthúmais, Lánpháirtíochta agus Óige
Department of Children, Equality, Disability, Integration and Youth



National Lottery



Youth Work Ireland
Cavan Monaghan



BOUNCE BACK YOUTH SERVICE

Bounce Back Youth Service is a collaboration of two Youth Organisations in the Cavan Monaghan region - the ISPCC and Youth Work Ireland Cavan Monaghan

What is Bounce Back Youth Service:

The Bounce Back UBU Youth Service is a youth centred service operated collaboratively by the ISPCC and Youth Work Ireland Cavan Monaghan that works with young people aged 10 – 24 years. We work on an ethos of voluntary participation, where each individual is respected and valued; We aim to support young people who have identified needs and may be experiencing challenges or adversity in their lives to help them reach their full potential in a safe and supportive environment. We provide a range of services for young people including: One to one support, Advocacy, Group work, Drop-in support, Detached youth work, Outreach, Support of volunteers. The Bounce Back UBU Youth Service is funded by the Department of Children UBU - Your Place, Your Space targeted youth funding scheme, through Cavan Monaghan Education and Training Board (CMETB).

Through the various programmes of work the young people are supported with:

- Communication skills
- Confidence and Agency
- Planning and Problem Solving
- Relationships
- Creativity and Imagination
- Resilience and Determination
- Emotional Intelligence

The Bounce back Service is delivered in 7 local areas throughout Cavan
South East Cavan: Ballyjamesduff, Bailieborough and Kingscourt.
West Cavan: Belturbet, Ballyconnell, Bawnboy, Swanlinbar.



WHAT TYPES OF SUPPORT DO WE OFFER:

YOUTH GROUPS:

We provide an array of non formal educational and developmental Youth Programmes ranging from Drop-In Youth Groups to Social, Personal, Civic and Environmental Programmes

DETACHED YOUTH WORK:

Detached Youth Workers engage with young people between the ages of 10 – 24 and meet young people where they hang out in their communities and engage with them offering support and guidance, information and advice around anything they would like to discuss.

ONE TO ONE RURAL RESILIENCE SERVICE

The one to one rural resilience service engages with young people between the ages of 10 – 18yrs of age.

The purpose of this service is to build psychological resilience among young people.

Through a strength and needs-based assessment utilising trauma informed care, the rural resilience support worker will create an individualised programme plan together with the young person and support them weekly to reach their goals. The Rural resilience support worker works alongside the family of the young person and the appropriate agencies in their delivery of this plan.

WHO CAN REFER AND HOW:

Referrals are accepted from young people themselves, parents and professionals working with young people and families from the 7 locations identified above. If you are interested in making a referral or finding out more about these services please contact the below:

ONE TO ONE RURAL RESILIENCE SERVICE:

087 3533070

YOUTH GROUPS AND DETACHED:

087 768 4757

This service is funded by the Department of Children, Equality, Disability, Integration and Youth through Cavan Monaghan Education and Training Board.

