

# Cork Foyer's Youth Offer

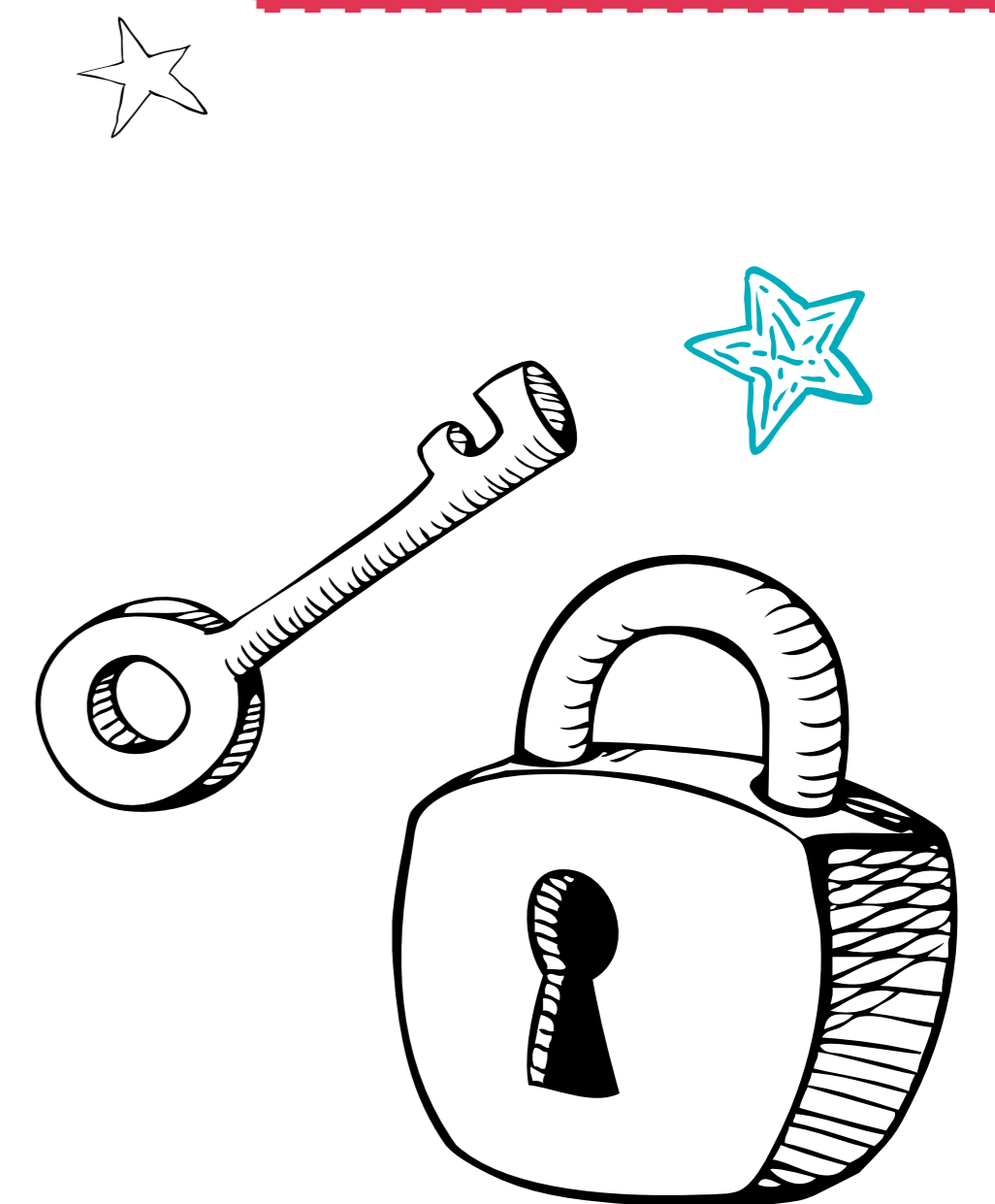
## HOME

- ✓ A key to your own furnished en-suite room
- ✓ Furnished communal rooms
- ✓ No curfews applied
- ✓ A fair visitor and overnight policy
- ✓ Responsive repair service
- ✓ Laundry facilities, TV and access to social media
- ✓ Gas, electricity, water and waste charges included
- ✓ Privacy respected through policy



## Safety & Security

- ✓ 24 hour staff team
- ✓ Support for you if you feel unsafe
- ✓ Good quality CCTV
- ✓ Prompt action in relation to complaints or unacceptable behaviour
- ✓ House Rules and Policies fairly applied
- ✓ Visitor ID system in place

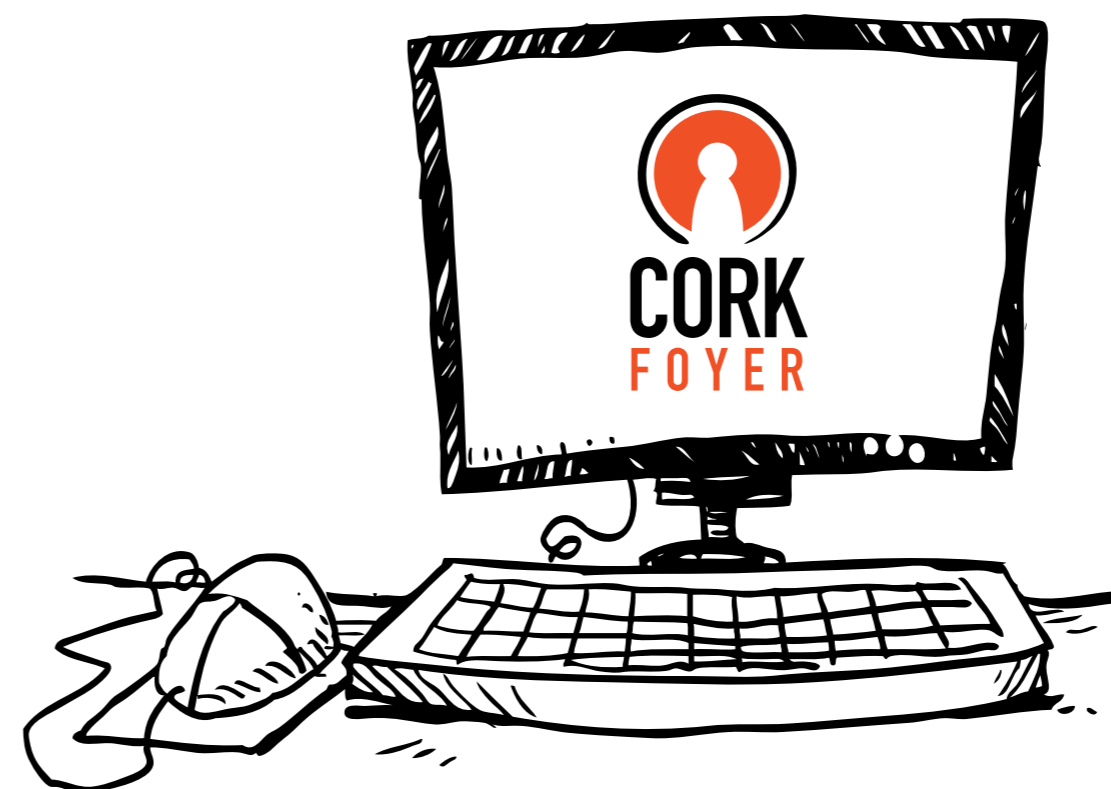


## Support & Advice



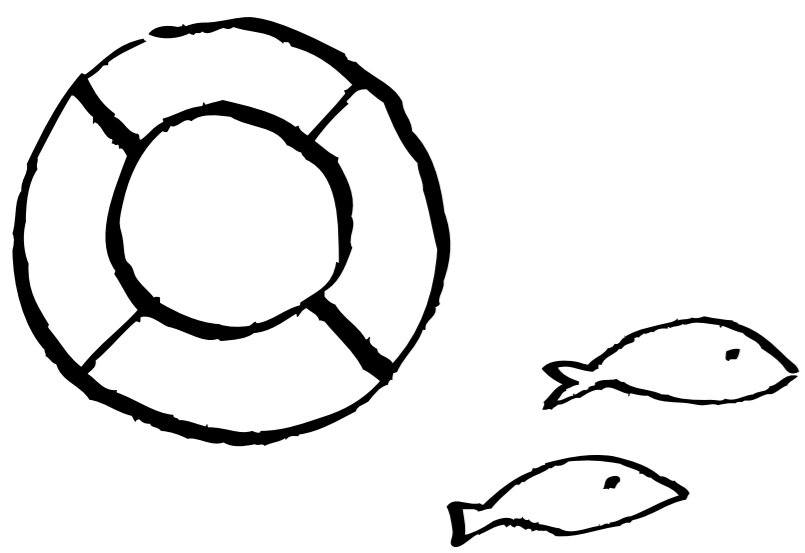
- ✓ Allocated Project Worker and friendly support team
- ✓ Support for you to make informed choices about any aspect of your life
- ✓ The opportunity to compile a structured support plan tailored to you
- ✓ Access to help for concerns and problems that you may have including areas such as emotional wellbeing, relationships, sexual health and substance misuse
- ✓ Help to enhance self esteem, resilience, confidence, aspiration and achievement to improve life chances
- ✓ Support for you to lead a healthy lifestyle
- ✓ Help to identify and develop your talents

## Jobs & Learning



- ✓ Dedicated Life Skills & Talents Coach and visiting Tutors
- ✓ A range of QQI accredited programmes and non accredited programmes
- ✓ Help with reading, writing or sums
- ✓ A range of employability programmes
- ✓ Internet access and use of office resources
- ✓ Help with CV building and job search
- ✓ Help to find work experience or volunteer work
- ✓ Support for you to find and apply for a course or job
- ✓ Mandatory internal training for those not attending external training or education

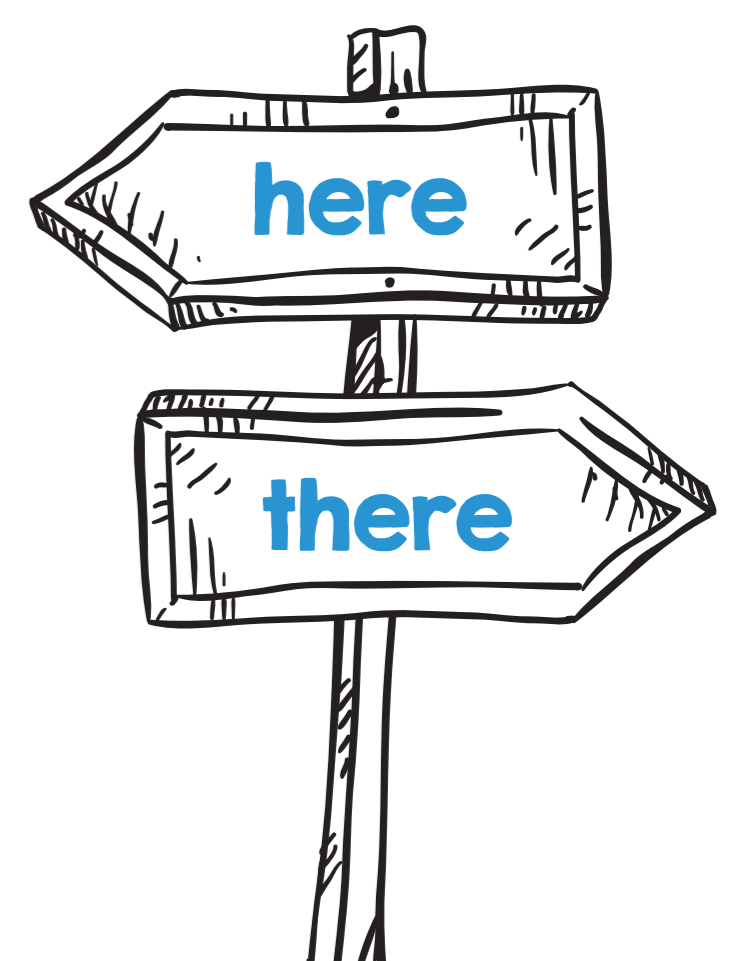
## Things to do



- Easy access to positive activities including sports, baking and art
- Free organised cooking sessions
- Free off peak passes to Leisure World facilities
- Help to access safe places including, clubs and youth projects offering personal and social development opportunities
- Organised short trips out such as walking, fishing, cinema
- Seasonal BBQ's and Sunday Lunches
- Cafe, gardens, allotments, play area and pet farm for visitors and relaxation

## Spring Board to Independence

- ✓ Support to apply for and find available accommodation options
- ✓ Help to decide if the property is suitable
- ✓ Support to improve your independent living skills such as budgeting, cooking, laundry and tenancy rights
- ✓ Help to find affordable furniture, if needed
- ✓ Help with applying for available grants
- ✓ Mediation help with your landlord
- ✓ Reducing support visits
- ✓ Support to link with local services i.e. GP, Dentist
- ✓ Welcome to return to the Foyer at any time for advice
- ✓ A safety net should your tenancy breakdown



## Advantaged Thinking

We will incorporate **Advantaged Thinking** into all areas of our service

We will help residents **explore** and **learn** new skills

We will help residents to **identify** and **develop** existing talents

We will invest in your **talent development**, where possible

## Youth Voice

A variety of **platforms** including resident meetings to have your say

**Automatic invite** to join the Foyer Management Board

**Support to access** and influence wider services in the community or nationally

Encouragement to be **active citizens**

**Supported involvement** in the Foyer Annual Service Review

**Support to campaign** on behalf of young people or the disadvantaged

## Health & Wellbeing

We will facilitate **physical activity** and **social events**

We will work along side each other to **promote good wellbeing** and **healthy lifestyles**

We will be open to **new ideas**, initiatives and suggestions around **Health & Wellbeing**

Cork Foyer – The Young Peoples Service for 18's to 25's

