

Newsletter

YOUTH COMMUNITY

What's New

Finishing the first materials

We are coming to the end of the first year of work as a consortium. We have worked hard to complete the first project result, a **programme for youth professionals**. Our objectives with this programme are: to train them as wellbeing coaches to support prevention and early intervention measures in terms of mental health and wellbeing among young people, to support them to create safe spaces within their local context and to offer them opportunities for training and growth.

With the guidance and templates of Alex, our partner from Future in Perspective, we have developed the SafeSpace4Youth CPD Programme for Youth Professionals which comprises; a Coaching Scheme, a Social Action Toolkit and a Train the Trainer Programme.

These materials, drafted by all project partners, are currently in their correction and evaluation phase. We have involved youth workers from our countries in the process and with their input we will improve these resources.



First face-to-face meeting

TPM Valencia, Spain

On the 3rd and 4th of October, the first face-to-face meeting of the consortium took place in Quart de Poblet, a town in Valencia, Spain.

We took advantage of the opportunity that face-to-face meetings provide and reviewed the work we have completed so far and to plan and organise the next steps. We also had moments of reflection and decision-making, which are easier in person than online.



This opportunity also meant that we were able to get to know each other a little better and to strengthen our relationships, thus enabling better functioning and teamwork in the future.

What will we work on next?

Peer Education Leadership Programme for Youth

As our work continues, we will turn our focus to engaging young people directly in each of the partner countries. We believe that it is not only important to train youth professionals so that they can help and guide young people, but that it is equally important to train and empower young people so that they themselves can serve as an example and reference for others, and thus can support each other.

For this reason, our second project result is focused on the young people themselves. Our main objective is: To enable young people to develop positive behaviours and habits that favour their positive mental health.

To this end, this programme will consist of 4 modules:

- 1. Understanding youth mental health**
- 2. Facilitating peer workshops**
- 3. Social Action and YOUth**
- 4. SafeSpace promotion**

Over the next few months we will be working on developing these materials, and in the next newsletter we will be able to update you further.

Stay informed

Our social media

Partners' Instagram

Future In Perspective: @futureinperspective

SEMwell & Motion Digital: @semwell_org

Backslash: @backslash.es

Instagram of the project

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