

Notes from 7th Meeting of National Executive 2014-15

5th July 2014

Attendees at this meeting: 17 out of 34 attended

Shauna Williams, Cork City; **Jane Hayes-Nally**, Cork Co; **Megan Ní Mhathúna**, Dublin City; **Dylan Kennedy**, South Dublin; **Laura Hogan**, DLR; **Kayleigh Power**, Galway City; **Daniel Porter**, Galway County; **Cormac O'Loingsigh**, Kildare; **Ella Mulherrins**, Leitrim; **Marion Lynch**, Limerick City; **Sofia Vajenina**, Mayo; **Lily Cheung**, Monaghan; **Caoimhe Barnes**, Offaly; **Bertie Nesirky**, North Tipperary; **Donagh Crowe**, Tipperary South; **Cárthach O'Faoláin**, Waterford County; **Macdara Roche**, Wexford

Focus of the seventh meeting:

- Discussion on outcomes and suggestions from Steering Committee and National Executive sub-group meeting on 1st July.
- Practical work on making the event happen and what our concept is overall.
- Looking at how we make our event UNIQUE. And what is the main AIM of our event. This information will be crucial when applying to sponsors for funding.




Comhairle na nÓg
National Executive





Morning Session

Review of key messages and feedback from Steering Committee Meeting with Sub-Group on 1st July:

First we looked at the revised description of event, as suggested by the steering committee 'A free national youth music event to promote positive mental health #LETSGOMENTAL

Based on their comments, we also looked at the following

- ◆ AIM OF THE EVENT: what is the aim of the event?
- ◆ CONCEPT FOR THE EVENT: Apart from music, what else will happen at the event?
- ◆ NAME for the event
- ◆ What will make our event UNIQUE?

General consensus from those who attended was that the meeting with the steering committee was very positive and helpful. Some comments from this meeting included:

"Gave us a reality-check about what is involved"

"Useful. Showed us what we need to do"

"It brought the event to life for us"

"It brought up stuff that we hadn't even thought of"

Morning Session

Short discussion on the AIM of the event and what will make it UNIQUE

Group discussed examples of similar events of this type that they are aware of / that their Comhairle had been involved in. Examples as follows:

- 'A Mental Night of Music'—Mayo. Feedback was that the music part of the event was successful but it lacked talks and information on mental health
- O2 Think Big—Kilmainham
- 'Dare to listen'—Dublin City
- 'Free Spirit' festival—South Dublin. Was a showcase for all the great things going on in the county such as boxing clubs, gyms, drumming and music workshops etc... Was successful in a number of ways but particularly as there was great follow-up afterwards. Young people attending were encouraged to sign up to a club / activity afterwards
- 'Core' - Dun Laoghaire / Rathdown. Music event with a number of other elements: Note to Self was used and young people attending signed up to a positive text message service. Positive message texted to your phone every Wednesday in the aftermath.
- Healthy Lifestyles Beach Party in Tramore—Waterford County Comhairle
Focus on body image and healthy lifestyles. Games and non-competitive sports to allow people to have fun
- 'Mind Your Head' - Tipperary. Produced hats with the tagline on them
- Sparks Roadshow in Donegal. Very successful. Won an award. Click on Donegal's page on our website (below) for more info

<http://www.comhairlenanog.ie/local-comhairle/donegal/>

Suggestion by Donagh that we should look to some of these good examples of successes at local level and build on them nationally. This was a point also made by Elaine Geraghty from ReachOut.com at the Steering Committee meeting. She said that we should not try to 'reinvent the wheel' and that we should build on the existing good work going on out there.

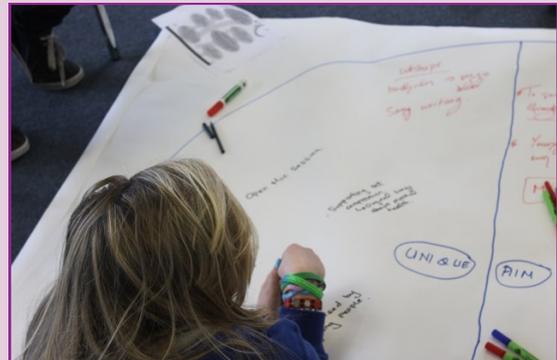
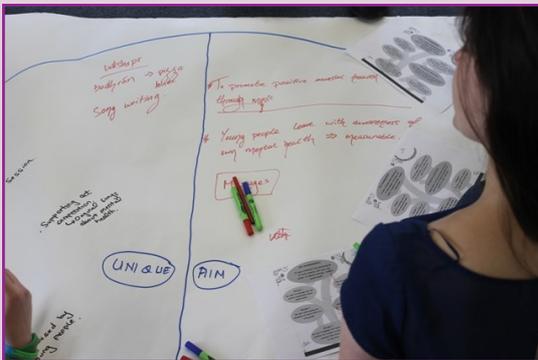


Morning Session

How can our event be **UNIQUE** or different?

What is the **AIM** of our event?

- Our challenge now is to find a unique angle and approach to our event.
- Need to get across a very positive message to all young people who attend—would be a massive success if every young person who attended walked away thinking that they had done something good for their own mental health.
- We should aim to empower the young people attending by giving them the opportunity to do something practical / take part in something new on the day of the event, or in the aftermath.



Small group work: each to brainstorm and then to pick their top two or three AIMS and top UNIQUE qualities. This is what we came up with before lunch:

AIMS:

- * Change/improve their outlook on life (in a positive way) by carrying something on after event
- * Create a sense of community
- * Getting our five messages across
- * To create a youth-led event which will educate and promote positive mental health in Ireland's young people



Afternoon Session

UNIQUE QUALITIES:

- * No forced agenda - people can flit freely between areas/workshops (unlike most non-youth-led events)
- * Sell hats and wristbands
- * By young people, for young people. Music competition
- * Showcase for organisations - Comhairle, Foroige, Headstrong, etc. Not promoting themselves but helping spread our messages.
- * Multiple themes contained within a brain shape to cater to all aspects of mental health (possibly with music around the edges)
- * Workshops - bodhrán (pizza boxes), open mic, song writing, instrument session + singing session, rip off, before and after post-its on feelings
- * Supporting act competition - original songs about mental health, like competition for each band

Instead of voting privately by ballot box, the full group came back together and discussed, challenged and agreed by consensus the aims and unique qualities that they felt were most successful. Almost unanimously, everyone agreed that this aim:

'To create a youth-led event which will educate and promote positive mental health in Ireland's young people' was the strongest but needed some amendments.

- Everyone agreed that a 'youth-led' event would be unique and should be referred to specifically in the aim.
- It was decided to replace 'event' with 'experience' and to remove the word 'educate'.
- The majority of people liked the brain-shaped idea for the structure of the venue and the event (fifth suggestion above) and felt it was the most unique of all suggestions.
- Others liked the idea of using the *5-a-day for your mental health* idea and incorporating that somehow into the theme for the day (see next page for more info on this). One suggestion was to have five different areas / stages and that all attendees are taken on a tour of all five areas for a full experience of everything that is going on on the day.



Afternoon Session

Young people's 5-a-day for resilience and mental health:

1. Accept
2. Connect
3. Contribute
4. Be Healthy
5. Be Aware of your thoughts

For more info on this see page 14 of PDF link below:

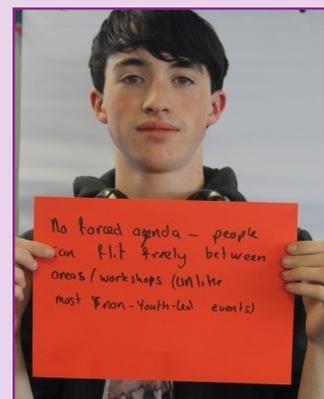
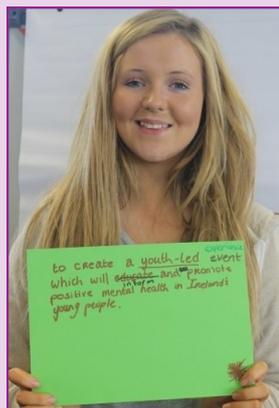
<http://www.foroige.ie/sites/default/files/Youth%20Mental%20Health%20Resource.pdf>

**It was reinforced that as music is specifically mentioned in the recommendation, that this has to play a considerable role in the event.

At the end of the meeting, this is the name and key aim the group came up with:

**"5-a-day the Music Way" -
A youth-led experience to promote positive mental health
through a musical approach to the 5-a-day
#LetsGoMental2015**

Karyn to start off using the hashtag above straight away. National Executive and other Comhairle members to re-tweet. Aim for the hashtag to start trending in lead-up to event



SAVE THE DATE:

**Next meeting will take place on
Saturday 23rd August 2014**