

Notes from 5th Meeting of National Executive 2014-15

17th May 2014

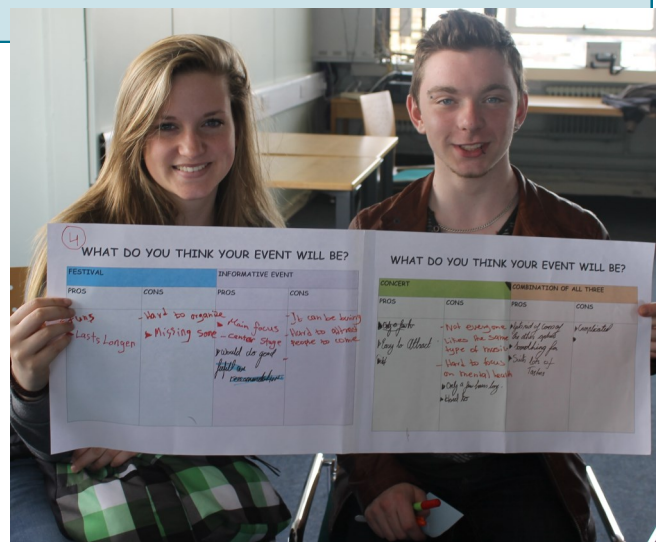
Attendees at this meeting: 21 out of 34 attended

Aaron McGrath, Carlow; **Shauna Williams**, Cork City; **Jane Nally-Hayes**, Cork Co; **Maria Ferry**, Donegal; **Megan Ní Mhathúna**, Dublin City; **Dylan Kennedy**, South Dublin; **Kayleigh Power**, Galway City; **Conor Curtin**, Kerry; **Cormac Ó Loingsigh**, Kildare; **Irene Ayaa**, Kilkenny; **Ella Mulkerrins**, Leitrim; **Thomas Ganley**, Longford; **Cillian Byrne**, Meath; **Lily Cheung**, Monaghan; **Niki Warner**, Roscommon; **Nicola Flannelly**, Sligo; **Bertie Nesirky**, Tipperary North; **Becky O'Connell**, Waterford City; **Cárthach O'Faoláin**, Waterford County; **Niamh Tubridy**, Westmeath; **Maedara Roche**, Wexford

Focus of the fifth meeting:

- Pinning down the specifics of what our Gathering will look like and what the elements will be
- Group discussion with Gerry Raleigh, NOSP, around the use of celebrities at events to highlight their own mental health issues
- Coming up with short, snappy descriptions of the gathering and a hashtag to be used alongside it.
- Updates on a series of upcoming events and dates for your diaries


Comhairle na nÓg
National Executive



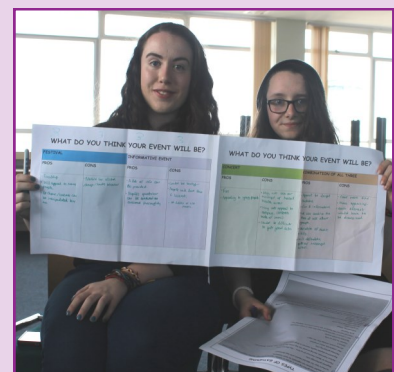
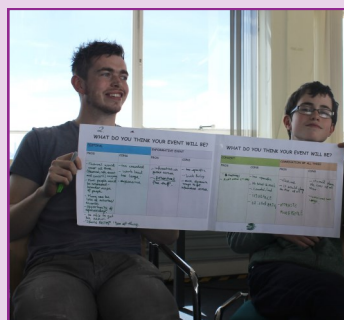
Morning Session

Re-cap from last meeting

'What type of gathering do we want ours to be?'

- Individual examination of suggestions from last meeting on Types of Gathering, the elements of the Gathering and the organisation of it—to give everyone the opportunity to view all ideas put forward. Any questions in relation to any of the suggestions were put to the larger group for clarification.
- What will your event be?
In small groups, each discussed and argued the pros and cons of the four options:
 - A concert**
 - An informative event**
 - A festival**
 - A combination of all three**
- Everyone moved back into the larger group to feedback on their discussions around each of the four event types.
- Vote: private vote using ballot box. Winning event type was a Combination of all three

Our gathering will be a combination of a concert, an informative event and a festival.



Morning Session

Feedback session: some of the pros and cons of each gathering type, as put forward by the group

FESTIVAL:

PROS:

- Exciting, attractive and engaging
- Will appeal to many people
- Theme and content can be manipulated by us
- Would cover music and information anyway
- More people would be interested—broader scope of people
- Can be lots of activities & events
- Opportunity for sponsorship
- Opportunity to get big names
- More choice
- Not only music—could have dance acts too
- Can be spread over a few days
- Can have a few stages
- Lasts longer

CONS:

- Potential for alcohol / drugs / rowdy behaviour
- Too crowded
- Work-load too large
- Expensive
- Need security
- People wouldn't be allowed to stay over
- Hard to organise

INFORMATIVE EVENT:

PROS:

- A lot of information can be provided
- People's questions can be answered thoroughly
- Potential for free stuff
- Easy to organise
- Main focus would be centre-stage

CONS:

- Could be boring
- People may lose focus and interest
- Too specific
- There are more dynamic ways to get info across
- Not very youth-friendly
- Will only attract other Comhairlí
- Hard to attract people to come

Morning Session

Feedback session: some of the pros and cons of each gathering type, as put forward by the group, to enable us to reach a decision

CONCERT:

PROS:

- Fun
- Will appeal to young people
- Theme and content can be manipulated by us
- Happiness—music makes you happy
- Easier to organise
- Easy to attract people to come

CONS:

- May not get our message of mental health across
- May not appeal to everyone (different tastes in music)
- Could be difficult to get good acts
- Too specific
- Some people have no interest in music
- Insurance
- Exclusive
- Would only be a few hours long

COMBINATION OF ALL THREE:

PROS:

- Will appeal to a large audience and attract more people
- Fun and informative
- We can combine the pros of all the other groups
- Variation of music and info—something for everyone
- Will definitely get our message across
- Most effective

CONS:

- Takes more time
- More organising—workload too large
- Each element would have to be down-sized.
- It would share the cons of the other 3
- More expensive
- Difficult to plan
- Need to employ loads of people
- Complicated



Afternoon Session

Conversation with Steering Committee members Gerry Raleigh, Director of the National Office for Suicide Prevention (NOSP)

Focus on the use of celebrities to highlight their own mental health issues.

Key points:

- Expressed concerns about celebrities using our gathering as a platform to speak about their own mental health issues, in particular if they choose to focus solely on the dark and negative aspects of their story. His point was that most of us will understand that this is their experience, and that they've come out the other side, and how positive that is. But for some people, these kind of talks can have the opposite impact and can serve to normalise or legitimise behaviours like self-harm etc... Some young people may not have the skills to deal with that message
- He also strongly felt that it should not be a platform for celebrities to speak about bereavement—it has a limited value at an event such as this
- His key message was that their message should be a positive one and centred around being well, what it means to have good mental health, and how we shouldn't be afraid to ask for help. A positive message would refer to coming through bad times through support networks or services.
- Message coming from a celebrity / celebrities needs to be filled with positive energy and infectious, to lift the mood of the day

'We should set their agenda for them, and not the other way around. They are there to spread our positive message, and not to tell their own life-stories' - Gerry Raleigh, NOSP





Afternoon Session

Working on the description of the Gathering -

In small groups to come up with a short, snappy description of their event.

Group 1: Promoting positive mental health through a national gathering including concerts, information village, festival activities and crazy stuff **# Spreag**

Group 2: A national festival for young people, by young people, improving our attitude towards mental health **# letsгомmental**

Group 3: Inside out—'Let's be inside-ou! A day out for young people involving music and events **# SWAG**

Group 4: Free youth music event to improve attitudes towards mental health **# Dearfach**

The four options have been put up on website through Survey Monkey—link to be emailed out to all your friends / Comhairle members etc... to vote on their top 1. Result of the winning description and hashtag to be announced at the next meeting

SAVE THE DATES:

Next meeting—Saturday 21st June 2014

National Executive Planning Meeting, DCYA Offices, 11th June 2014

Nat Exec members attending: Jaen Hayes-Nally & Niamh Tubridy

Reserves: Irene Ayaa and Macdara Roche

Oireachtas Presentation: Thurs. 29th May 2014

Becky O'Connell, Bertie Nesirky, Cillian Byrne and Kayleigh Power

Reserves: Niamh Tubridy, Ella Mulkerrins, Macdara Roche, Jane Hayes-Nally

Showcase Steering Committee, 12th June 2014 in Croke Park

Lily Cheung and Cormac O'Loingsigh

Reserves: Thomas Ganley and Nicola Flannelly