

## Waterford Comhairle na nÓg Report on Let's Go Mental 2015

<b>Attendance:</b>	<p>237 Teenagers / Non-members (46 from Dungarvan, Lismore, Cappoquin)          32 Comhairle Members (15 from west Waterford)          10 Adult Volunteers          4 County Councillors          1 Community Support Officer          1 Participation Officer          1 Representative from the Department of Health</p> <p><b>Total: 286</b></p>
<b>Get Involved</b> / <b>Be Aware</b>	<p>Road Safety Authority          Spraoi Waterford Scout County          Waterford Comhairle na nÓg          Samaritans          Suicide or Survive          WSTCYS Manor Street Project          WSTCYS ChillOut LGBTQ Project          National Hurling League Cup          Waterford Foróige          Community Gardaí          Bodywhys          Thought Wall</p>
<b>Connect</b>	<p>Music (3 teenage acts and 1 sponsored band)          People          Photobooth          BBQ and Cakes          Giant Jenga          Chill Out area</p>
<b>Get Moving</b>	<p>Boxing          Yoga          Martial Arts          Training Bikes          Sumo Suits</p>
<b>Give</b>	<p>Note to self          Arts and Crafts          Face painting          Hugs for Love Hearts</p>

<p><b>Media</b></p>	<p><b>Irish TV</b> – covered the event, did interviews with young people, coordinator and member of the steering committee. Will be broadcast on “Waterford County Matters” available online, Sky, UPC and Free-to-air boxes.</p> <p><b>Waterford In Your Pocket</b> – the prime social media platform for everything going on in Waterford. Coverage on their Facebook Page and Twitter age.</p> <p><b>Full editorial in the Munster Express</b> – Full editorial with pictures to be published in the Teen Scene section of the Munster Express, the top selling paper in the southeast.</p> <p><b>Beat 102 103 and WLRfm</b> – News bulletins on both radios</p> <p><b>Waterford Comhairle na nÓg</b> Facebook Page –</p> <p>(At time of writing) has an increased following of 2062 “Likes” with our post reach directly relating to Let’s Go Mental at 11,688. Engagement: 1,339 people engaged, 812 unique likes on posts, 44 shares, 38 comments and 16,519 post clicks.</p>
<p><b>Press Release</b></p>	<p><b>BEGINS</b></p> <p><b>Hundreds of Young People “Go Mental” in Wyse Park!</b></p> <p>Last Saturday, over 200 teenagers made their way to Wyse Park in Waterford City for Let’s Go Mental (LGM). The day focused on promoting positive mental health using the “5-a-day for your mental health” concept.</p> <p>Members of Waterford Comhairle na nÓg were the organisers of the event. They aimed to show young people how the simple things in life can contribute hugely to having good mental health. This was achieved by bringing together organisations and activities from the community around the subjects of sport, the arts, music, food and activism.</p> <p>Over two hundred young people attended the three-hour event in Wyse Park with more than 50 travelling from Dungarvan, Lismore and Cappoquin. Community organisations such as Foróige, Waterford Scout County and Waterford and South Tipperary Youth Service provided young people with information about what they do and how to join. The Samaritans and Suicide or Survive had a presence on the day along with the community Gardaí and the Dr. Croke Cup, which Waterford Senior Hurlers recently won in the National Hurling League.</p> <p>The Comhairle linked up with Waterford Sports Partnership to provide taster sessions of yoga (Philomena Furlong), boxing (Séamus Kirwan and John Finn from St. Paul’s) and martial arts (Black Belt Academy). Sumo suits and training bikes were also on site and were very popular among the young people. Arts and Crafts organised by Comhairle members proved to be very popular on the day.</p> <p>Carrie Mullane, WaveLength, Merged and The Jam Tarts who were sponsored by Waterford Business Group and Summer in the City provided entertainment on the day. Young people also enjoyed a barbeque and cakes cooked up by members of Comhairle and their parents. Spraoi decorated Wyse Park on the day.</p> <p>LGM was organised by the members of Waterford Comhairle na nÓg with support from Waterford City and County Council, the Comhairle na nÓg National Executive and the Department of Children and Youth Affairs. LGM’s will take place across the country this summer with Waterford hosting one of the first. Waterford Comhairle na nÓg is the youth council for Waterford and will</p>

	<p>hold their AGM on October 9<sup>th</sup> for anyone interested in joining.</p> <p>Photos from the day will be available on the Comhairle Facebook page after papers go to print.</p> <p><b>ENDS</b></p> <p>Photo Captions:</p> <p><i>PR_Arts: Young people enjoying the arts and crafts table making friendship bracelets, cards and getting their face painted.</i></p> <p><i>PR_Boxing: Brian O’Neill from Waterford Sports Partnership teaching local teenagers the basic of boxing.</i></p> <p><i>PR_Chillout: Young people from across Waterford chilling out next to the music at Let’s Go Mental in Wyse Park on Saturday.</i></p> <p><i>PR_Happy: Young people who attended Let’s Go Mental wrote about all the things that made them happy on the though wall.</i></p> <p><i>PR_Organisers: Some of the organisers of Let’s Go Mental: Elle Roche, Jamie Moore, Caoimhe Coleman, Deirbhile O’Neill and Lorna Aylward.</i></p>
<p><b>Feedback</b></p>	<p>Waterford City &amp; County Council are very pleased with the event.</p> <p>Waterford Business Group was delighted to have partnered with Comhairle to sponsor a band for the event and have released their own press release.</p> <p>Parents who attended on the day were extremely impressed by Comhairle members.</p> <p>Comhairle members felt very fulfilled and were proud of themselves for exceeding their own expectations.</p> <p>Most young people stayed for the duration of the event, which would imply they enjoyed themselves. Comhairle members have feedback that their friends loved the event and that many of the young people attending on the day were not previously connected to Comhairle.</p> <p>Positive feedback received from Rosie O’Brien, Participation Officer, Cllr. Eddie Mulligan, Steering Committee member, Cllr. Liam Brazil, Steering Committee member, Phillip O’ Callaghan, Advisor to Minister Leo Varadkar TD and many of the groups who had information stands on the day</p>