

### Youth Forum

This is open to all young adult members and facilitated by branch youth officers with support from staff at the NRC. It is a safe and confidential environment where specific topics relevant to Spina Bifida and Hydrocephalus are freely discussed. Ideas are thrashed out and youth projects organised such as lobbying the government or relevant bodies to improve accessibility, the inclusion of young people with disabilities in mainstream activities, organising exchanges or volunteering in Ireland or abroad, plus many other topics of relevance.

### Youth Inclusion Projects

We believe in integrating our service users in mainstream youth clubs and run a number of local projects in conjunction with professional youth services.

### Events

We celebrate seasonal events with activities for all our service users, their families and friends.

### Seminars

Each year the Youth and Respite staff, in conjunction with the Family Support Team, organise and run seminars to inform and educate not only its service users, but professionals in the sector and parents/carers also.

To-date topics have included: Spina Bifida, Hydrocephalus, Relationships & Sexuality, Employment, Education, Independence and Social Issues, Transition from Paediatric to Adult Services, Equality & Entitlements, Mobility Training and Awareness Programmes.

### Family Weekends

In conjunction with the Family Support Team, these weekends are run annually for members and their families. The family weekend programme includes items such as manual-handling training for parents, sibling workshops and personal development activities for service users. The weekend is an opportunity for families to learn from each others' experiences in a supportive and relaxed atmosphere.

**We are a confidential\*,  
non-judgemental  
and respectful service,  
bound by the  
Data Protection Acts  
1998 and 2003.**



*\* Confidentiality will not be breached unless a person (service user or otherwise) is deemed to be at risk of or discloses an allegation of sexual abuse, self-harm, suicidal intention or criminal activity. SBHI staff are bound by a duty of care to report such allegations.*

### Help Us

**SBHI relies on people's generosity so we can support our service users who turn to us for help and advice – people with Hydrocephalus, Spina Bifida, their families and carers. To donate to SBHI please visit [www.iasbah.ie](http://www.iasbah.ie) or call 01 457 2329.**



**SPINA BIFIDA  
HYDROCEPHALUS  
IRELAND**

**Youth & Respite**



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## Youth and Respite Service

The Youth and Respite Service provides services nationally to people with the disabilities Spina Bifida and/or Hydrocephalus, their families and carers.

Its aim is to provide and develop respite and youth services that are conducive to the changing needs of our service users.

We encourage our service users to enjoy a healthy, social, active and fulfilled life, to avail of all education and employment opportunities and to promote the development of a progressive society that is inclusive, aware and accessible to all.

## The Youth and Respite Team

A small team of specialist full-time staff are based in the National Resource Centre (NRC), Dublin, who develop and organise all youth and respite services nationwide. Temporary contract staff, such as nurses and occupational therapists, work on SHINE and weekend getaways annually as required. Voluntary youth officers are based in branches around the country and run events locally for specific age groups. Long- and short-term volunteers from nursing, education, social care and a variety of other backgrounds assist with respite breaks, annual events and SHINE in particular. Training for volunteers and staff is facilitated at the NRC.

## What do we do?

**SHINE (Spina bifida, Hydrocephalus Ireland Nurturing Empowerment), formerly known as Summer Project.**

Every year we run SHINE – a residential Summer Independence Training Programme which caters for teenagers and young adults from across Ireland with Spina Bifida and/or Hydrocephalus. SHINE takes place over at least five separate weeks in different venues and each week is tailored to meet the needs of specific age groups. In the region of 100 participants attend SHINE every year, along with a dedicated team in excess of 80 volunteers and 65 professionals.

### Primary Aim

The primary aim of SHINE is to encourage participants to develop their independence and social skills in a fun and safe environment. SHINE also offers valuable respite for participants, their parents and/or carers.



These are some words from participants over the years who were asked to sum up their thoughts of SHINE:

*'Challenging... exciting... just fab... happy week... a great experience that I will never forget... I enjoyed every activity we did and wouldn't change anything... it gives you a chance to be independent.'*

These are some of the things participants learned on SHINE:

- >> 'Different warm-ups for basketball and rugby' – Michael age 24
- >> 'How to manage stress' – Susan age 28
- >> 'I now know what I can do for work experience' – John age 19
- >> 'What is involved in getting an adapted car' – Robert age 17
- >> 'How to canoe' – Laura age 16
- >> 'That making new friends is fun!' – Olivia age 15
- >> 'How to bake pizza' – Sarah age 14

## Weekend getaways and mid-term breaks

We run weekend getaways in different venues throughout the year for adults. We also run mid-term breaks for teenagers. Each break focuses on a particular theme relevant to participants' lives.

## Sports Adventure Week

We run an outdoor sports adventure week annually for participants who have reached a high level of independence, who are outdoor sports enthusiasts and/or have a real interest in trying out some challenging sports and activities. It takes place in an adventure centre adapted for people with disabilities.

Multi-activity courses may include: sailing, canoeing, horse-riding, trap-driving, orienteering, abseiling, archery, and climbing. All specialised/adapted equipment for activities is provided.

## National Sports Fun Day

A National Sports Fun Day is held annually where members of all ages and their families can take part in a number of track, field and indoor events. It provides an opportunity for both able-bodied and people with disabilities to participate together in sporting activities in a fun and inclusive environment.

