



YOUNG SVP  
Newsletter

East Region



Spring/Summer  
2019

Welcome to the seventh edition of the Young SVP East Region Newsletter. This publication is a space for young people who are engaging with the Young SVP Programme to share their work, receive recognition and see the projects their peers are undertaking around the region. These projects highlight the hard work and dedication of young people working towards social justice in Ireland. I hope you enjoy reading about the fantastic ideas that the young people in the East Region have come up with. Maybe they will inspire an idea for your group?

This newsletter is circulated to members and schools & centres in the East Region.

If you would like to find out more about the Young SVP Programme please don't hesitate to get in touch.

Clare Mander, Youth Development Officer- East Region

## New young SVP video

Hear what Young SVP members have to say!  
<https://www.youtube.com/watch?v=sclazzxAFUc>



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# YOUNG SVP

Nessan Vaughan  
East Region Youth Rep

It is frequently said that young people are the future, the leaders of tomorrow and so on. While this is true, it does not fully reflect contemporary society. Young people are also the present and are increasingly providing leadership. They are teaching us older adults.

This is no more evident than in the campaign to highlight and address climate change or, what protagonists are calling, climate emergency. In this regard, many of us have been impressed and cajoled by the inspirational leadership of a 16 year old schoolgirl, Greta Thunberg (@GretaThunberg). On the political front, I have been struck by the activism of Hasan Patel (@CorbynistaTeen), another 16 year old in Britain. Closer to home, I note the recent election to Cork County Council of 19 year old UCC student, Ben Dalton-O'Sullivan (Independent).

Young SVP is also effectively highlighting issues of social justice throughout Ireland. I was struck by the range of issues identified and actions being taken highlighted by so many Young SVP members at the recent East Region Young SVP Day and at the Members' Day to celebrate 175 Years of SVP in Ireland. These included climate change and its implications for the environment and poorer people in particular; inequality; energy and food poverty; loneliness, among other topics.

My visits to schools have greatly encouraged and inspired me. We still have some work to do in building a bridge between young people at school and colleges (Young SVP) and local adult visitation SVP Conferences. Let us commence this dialogue and work.

# Reflection

## Serving in Hope

2019 marks 175 years since the establishment of the Society of St Vincent de Paul in Ireland. 175 years of bringing hope in to the lives of those experiencing poverty and social exclusion. The determination of members of Young SVP and their commitment to make their communities a more just place, represents a continuation of this hope.

"Do you not find that it is marvellously sweet to feel your heart beating in unison with the hearts of four hundred other young people scattered throughout the country?"  
Blessed Frederic Ozanam

### On Being a Well

What makes the world so lovely  
is that somewhere it hides a well.  
Something lovely there is about a well  
so deep  
unpiped and real  
filled  
with buckets and buckets  
of that life-giving drink.  
A faucet will do in a hurry,  
but what makes the world so lovely  
is that somewhere it hides a well!

Sometimes people are like wells  
deep and real  
natural (unpiped)  
life-giving  
calm and cool  
refreshing.  
They bring out what is best in you.  
They are like fountains of pure joy.  
They make you want to sing, or maybe dance.  
They encourage you to laugh,  
Even when things get rough.  
And maybe that's why  
things never stay rough once you've found a well.

Some experiences are like wells too.  
People create them.  
They are life-giving happenings.  
They are redeeming experiences.  
They are wells,  
wells of wonder  
wells of hope.



When you find a well  
and you will some day,  
drink deeply of the gift within.  
And then maybe soon  
you'll discover  
that you've become  
what you've received,  
and then you'll be a well  
for others to find.

So lift up your eyes  
And look all around you:  
over the mountains, down in the valley,  
out in the ocean, over the runways,  
into the cities, into the country,  
sidewalks and highways,  
paths in the forest,  
into the hearts of thirsty people.

Look!  
And I beg you  
don't ever stop looking  
because what makes this world so lovely  
is that somewhere  
it hides a well,  
a well that hasn't been found yet.

And if you don't find it  
maybe  
nobody will!  
And if you don't be one  
maybe  
nobody will find you!

Maerina wiederkehr



United in Head & Heart  
Young SVP East Region Youth Day 2019



Young  
SVP East  
Region Youth  
Day 2019  
United in Head  
& Heart



Group Photo

Over 300 young people gathered in City West in Dublin on the 4th April for the Young SVP East Region Youth Day 2019. This event was a celebration of the hard work and dedication of Young SVP volunteers in Dublin, Wicklow and Kildare. Participants created displays of their work, gave presentations, networked with other young volunteers and attended talks.

The theme for the event was 'United in Head and Heart'. Inspired by the words of the founder of the Society of St Vincent de Paul, Blessed Frederic Ozanam, who said "I wish that all young people might unite in head and heart in some charitable work and that there be formed, throughout the whole country, a vast and generous association for the relief of the people". SVP member Nessian Vaughan opened the event, telling the Young SVP members that "the creativity and effort you have put in this year is overwhelming. You should all be very proud of yourselves for the work you have done to make your communities more just and fair places".



Selfie Frame Fun!



Chris from UCD and Hugh  
from Trinity College





"I wish that all young people might unite in head and heart in some charitable work and that there be formed, throughout the whole country, a vast and generous association for the relief of the people"

Blessed Frederic Ozanam

Donabate Community College



Rosmini Community School



National Youth Development Coordinator with the Society of St Vincent de Paul, Becca Gallagher explained that "the aim of the Young SVP programme is to provide opportunities for young people to engage in social action in their own communities encouraging personal and social development". During the school year, students involved in the Young SVP programme have carried out a range of actions to give back to their communities, including projects and actions on: food poverty, climate justice, homelessness, loneliness and isolation, kindness, equality and mental health.

The students also heard from Caroline Fahey, SVP Head of Social Justice and Policy, who spoke to them about the importance of standing in solidarity and encouraged the attendees to challenge the common myths about poverty.

Dr Noel Keating, Coordinator of Meditation with Children, spoke to the students about meditation as a universal practice for human flourishing. Also, in attendance were representatives from the Gaisce Award and the Society of African Missions.



Poetry from St Mary's Arklow



Priority Youthreach

Mount Anville Secondary School





St Kilian's Community School



Cross and Passion College



Bremore Educate Together



Colaiste Iosagain

The Key Note speaker was Bobby McCormack from Development Perspectives who address the attendees on 'the Hero's journey' and how we can all work together to achieve the Sustainable Development Goals.

When asked to describe their experience of taking part in the Young SVP programme the young people said that it was an experience they would never forget and that they had learned more about issues in their community, how to listen to others, contribute their ideas, how to be organised and how to help others.

The event was brought to a close by SVP East Region President Liam Casey who thanked the schools, teachers and young people for bringing their enthusiasm, creativity and innovation to the work of SVP. He reminded the students that they are the future of SVP, but also very much the present, already making a difference in the lives of others.



Holy Child Killiney & Belvedere College

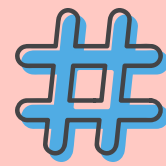


Pobalscoil Neasain





# Tweet All About It



We asked the Young SVP members to create tweets inspired by the reference in the SVP Mission Statement to 'Standing in Solidarity'. Here is what they came up with...

Let's come in like a wrecking ball and break those walls. End poverty now.  
#Break the box

We can all talk the talk, but we need you to walk the walk!  
#Get up and go

Education is a need not a want.  
#Free education for the nation

Education is key to make the future we want to see  
#youthiful

Poverty is not right, let SVP show you the light :)  
#Let poverty be heard!

Nobody should go to school hungry!  
#Feed my friends

Floss like a boss to stop job loss  
#Future 4 Justice

Paving a positive path to the future!  
#Preventing poverty

Poverty has many faces. Let's put a smile back on each one!  
#Actions not words

See the people not the poverty :)  
#People against poverty

What would Frederic do? Stand up for those who are vulnerable. Take action now!  
#End homelessness

#help other people float their boat!  
#Get back in to the boat



Colaiste Mhuire with Kieran Stafford and Liam Casey







# Self Care Tips from Young SVP Volunteers!

We asked the Young SVP members to share their self care tips for volunteers. Here is what they had to say...

Take a break from social media

Don't give up

Love yourself for who you are

Take time to heal

Listen to relaxing music

Go for a run

It's not your job to help the whole world

There's always light at the end of the tunnel

Have a cup of tea!

Wake up and know you can start fresh

Remember to love yourself always

Think good thoughts

Friends and family will always be there for you no matter what

Meditate

Get enough sleep

It's ok to spend some time alone to feel better x

Always be kind

Do things that make you happy

Talk to someone you trust

Every day is a new day

Be positive

Motivate yourself

Try something new

Every day may not be good but there is something good in every day

Be kind

Take 10 mins out of the day to do something for yourself

Read a good book

Believe in yourself

Take a day off if you need it

Take a shower

Don't compare yourself to others



Dominican College Griffith Avenue



Caritas College



# Interview with an SVP Volunteer

Ozanam House is a Community Resource Centre in Dublin 1  
You can find out more about the work of Ozanam House at [www.ozanamhouse.ie](http://www.ozanamhouse.ie)



Interview with Aoife Broderick volunteer in Ozanam House

## Why did you decide to join SVP?

During my time in UCD, I was a member of the SVP society there. After completing my studies I really wanted to continue supporting SVP's work in the community. I heard about Ozanam House Resource Centre through training I completed with SVP and knew this was something I wanted to be involved in and that it would be extremely rewarding.

## Can you describe your role within SVP?

Last year I took part in the summer project in Ozanam House, seeing how much everyone enjoyed themselves throughout the four weeks and the work that Ozanam House do, I was fortunate enough to continue working with SVP in Ozanam House for the past year. In Ozanam House I work with and support the youth group twice a week on Tuesdays and Thursdays. My role is to support the young people in various activities such as cookery, arts and crafts and sports each week, knowing they can enjoy these activities in a safe and fun environment. I also act as a mentor to the young people in Ozanam House and encourage them to enjoy each day in the centre, and know that we are always there to support them whenever they need it.

## What does being part of SVP mean to you?

It means that we are part of a community that supports people and helps them achieve whatever they set their mind to. That they know this support network is there for them and they will always be treated with respect and empathy. SVP helps people achieve a better quality standard of life when they may fall on tough times, and I am proud to be part of an organisation that has these values.

## What motivates you to volunteer?

Seeing the positive impact Ozanam House has on young people's lives and how much they enjoy coming to Ozanam House, makes the time we put in worthwhile. Seeing the small difference I can make to these young peoples lives and to know that it is creating positive change for them is a privilege to be part of.

## What else would you like to say to the young people in the East Region?

To always believe in themselves, that there will always be ups and downs in your life but is it important to not be afraid to ask for help. Being involved in SVP means you will always have that support system around you throughout challenging times should you ever need it.

# Catholic University School



## Saint Vincent de Paul – a Charity at the Heart of C.U.S.

This has been a very eventful and productive year for our St. Vincent de Paul committee. A lot of people signed up, and everyone was enthusiastic, creative and were happy to get to work. We were a little slow to start off, but when we established roles and set a plan to achieve them, we were moving in the right direction and we were very successful.

This year, we included an awareness campaign as part of our yearly endeavours. We felt Mental Health is such an important topic within schools that it was up to us to make everyone aware just how important it is to talk. During Mental Health Week 2018 we hosted a number of initiatives such as a coffee morning for students by students and designating the canteen a 'Mobile-Free' Zone. We felt that Mental Health Week was very successful and gave us the right momentum to continue on through the year.

This year's Clothes-Fest campaign was another success; here we asked students to donate any old clothes they could just after Christmas and they would be distributed among those in need, as well as the Vincent's Shops all over Dublin. In conjunction with a 'No Work, More Clothes' day we managed to gather almost 100 bags of clothes, which is a credit to the students of the school, the parents and the staff.

In March, Clare Mander, a Saint Vincent de Paul Youth Development Officer came to the school and we discussed many new ideas we could do next year. I feel we have some great ideas in the pipeline and I am very excited about the direction the CUS SVP is going. Overall it has been a very promising year and we encourage all the soon to be Transition year students to join next year. We would like to thank Mr. Conway for helping us make all this possible throughout the year as our Saint Vincent de Paul Co-Coordinator.



Eoin  
CUS SVP Vice-President



# Catholic University School



It's okay not to be okay

## SVP Mental Health Week

Mental Health Week takes place every year and as a committee we wanted to not only promote awareness but encourage students that our school is a place where someone, whether they are a student or a member of staff can talk about their feelings in a judgement free zone.

We brainstormed together in September and came up with the idea of hanging a giant poster on the side of the school so everyone who entered the school could see the message "It's okay not to be okay"

We spent a week or so planning and designing the posters so that we could fit a word on each window, then we assigned groups to each sign and let them paint the words on. We used green paint as it is the colour of mental health.

Throughout the week, we organised a number of initiatives. We made our canteen a mobile-free zone so students could be encouraged to talk. We, the SVP Committee, organised a Coffee Morning for other students in the school to make them aware that it is good to talk. All this sandwiched amongst other activities to show that we, as a school, are in solidarity with ANYONE who may be suffering any form of mental illness.

Overall it was a successful initiative as we raised awareness in our school and got people to talk about the real importance of mental health awareness, especially for young people.

Aaron and Seán



# Catholic University School

## SVP Clothes-Fest 2019

We, the CUS Saint Vincent de Paul committee, had an easy decision in what to make our main fundraising event this year. Continuing on from the success of the previous five years, Socktober and Clothes-ember, we agreed this year's clothes drive would be entitled CLOTHES-FEST.

The simple premise of Clothes-fest was to encourage students to bring in unwanted clothes during the months of January and February. A big push was put on this year due to the fact that the Vincent's shops only had three weeks supply of winter clothes; so emails were sent out to each parent and posters were displayed around the school to promote the fundraiser. We continued with our idea from last year entitled 'No Work, More Clothes'. The premise was simple, each student would get no homework from each teacher and go home with an empty schoolbag. They would then fill up their empty schoolbag with old clothes and bring the bag into school the following morning.

We also spread awareness about this charitable event by making a meaningful poster which highlights how little some people have compared to the more well off people in society. Once this poster was shot, we uploaded it on various Social Media platforms to encourage students, teachers and parents to share our good works.

The bagged clothes were collected weekly from the office and sent to SVP headquarters to be distributed. The fundraiser was very much a success as we were able to collect over 100 black bags of clothes. This certainly wouldn't have been possible without the cooperation of the students and the parents; not to mention Mr. Conway who was always willing to work with our suggestions and who brought our dreams to reality.



SOME PEOPLE ARE SPOILT FOR CHOICE,  
SOME PEOPLE HAVE NONE

CUS SVP CLOTHES-FEST 2019

# Pobalscoil Neasáin young SVP 2018/19

In the September of 2018 myself and some other TY students decided to join our school's young SVP group.



Young SVP Conference with  
SVP Area President Nessian Vaughan

## Why did we join Young SVP?

**Aisling:** I was interested in joining Young SVP because I wanted to be more involved in our school community and I also want to give up a little bit of my time to helping others and learning about different things SVP do to benefit different communities all over Ireland.

**Emma:** I wanted to join Young SVP because I wanted to get more involved in helping the community and getting more involved with the school. I learned so much from taking part in the Young SVP and became closer with the people in my year group by taking part.

**Adeyemi:** I joined SVP because I wanted the credits, but now I have got more than that. I've got new friends, have done amazing actives and I now have a new view on the world which I never thought I'd have. I learned new things that I will keep with me for the rest of my life.

## What did we do throughout the year?

We decided that we would have our meetings every Tuesday at lunch time for the whole year.

The first thing we did as a group in Young SVP was teach the current first years about SVP and where it started, we broke up into small groups of 3 or 4 and we took a class (there were 6 altogether) to teach.



# Pobalscoil Neasáin Young SVP 2018/19

Then we organised and helped to do our Christmas hampers, this is a tradition we have at Pobalscoil Neasáin. We do this every year at Christmas time, every base class in the school is given a family and a list of food items and each person in the class is encouraged to bring in one item from the list and then we donate all the food we collected to the different families.



We decided to get in contact with St. Patricks retirement home in our area to see if we could visit some of the residents and spend time with them. When we did this to say we enjoyed our time visiting would be an understatement.

Then as a group we all came together to organise our very own Justice Week. We had so many ideas from every member of the group, so we decided to put posters around our school with different facts about injustice in society on them and every day we asked questions based on these posters and we gave prizes to the winners. We also had guest speakers in to talk to our first years. We showed the film "The Pursuit of Happyness" at lunch time and we also did a bake sale to raise money for SVP. Our justice week was a big success and we'd love to do it again next year.



We also attended the Young SVP Youth Day and it was amazing to see what other schools got up to during the year. We loved sharing all our work with the other Young SVP members. We gave a presentation at the Youth Day and we also did a game of true or false involving everyone to test everyone on their knowledge of SVP and injustice in our society. It was good fun to do.



Overall, we enjoyed being a part of SVP, it helped us to work together and sometimes pushed us out side of our comfort zones, but it also brought us closer together as a group and helped us make new friends that we'll hopefully have for the rest of our lives. It will help us to be more aware of the needs of others and also that when we help others it has a good effect on how we feel ourselves.



# St Mary's College



This year the conference in St Mary's College in Arklow chose loneliness as their theme. One of the ways they raised awareness was through poetry!

## Loneliness

by Charlotte

You reach out for attention, but you think that nobody is there,  
Your tears fall to the floor, but you think that nobody cares,  
You pick up your phone, but have no one to text,  
You feel overwhelmed, your mind is a mess.

Well if I could capture a unicorn, I'd do it just for you,  
I'd share with you its magic, on the days you're feeling blue,  
If I could build a mansion, you could call it your very own,  
I would do it in a second, your place to be alone.

I cannot build a mansion or catch some unicorn hair,  
But one thing that I can do, is be the friend that's always there.



# Conference Corner!

In this latest edition of Conference Corner we are delighted to hear from Catherine the President of the Cornelia Connelly Conference in Holy Child Killiney



SVP National Members Day in the Convention Centre

## Holy Child Killiney

There were 19 Fifth Year student volunteer members in the Holy Child Cornelia Connelly Young SVP Conference this year, and we were mentored by our school Chaplain, Mrs. Moisselle. At the beginning of the year we voted for different roles in the Conference. Aoibhe and I were elected Vice-President and President. We had meetings at lunchtime every Tuesday and reflected on different social justice issues, discussed our plans for SVP and what we could do to help. Each class group in our school also elected a Class Representative; we worked closely with these 14 girls and they attended the meetings once a month so they could update their classes and help co-ordinate activities within their own class group. The Cornelia Connelly Conference is an important part of HCK life as each student tries to live by the school motto 'Actions Not Words'.

The SVP Conference this year participated in many initiatives both within the school and in our community. We also attended Conferences and events. We were asked by our Area President, Ann Fitzgerald, to shop for Christmas Gifts which would be given at the annual Area Christmas weekend break for older people, in An Grianán. We also undertook a gift and food hamper campaign in support of our local Conferences and assisted in a leaflet drop in our area. We were delighted to have Terry O' Regan from Killiney Conference address the whole school community at our Christmas Assembly, and she explained about different initiatives which help families over the Christmas season.

Clare Mander from SVP came to visit Holy Child in the second term. She commended the work we had done and suggested some new ideas which we could introduce into our Conference. Aoibhe and I also addressed the Area Meeting of the local SVP Presidents in Dun Laoghaire; I spoke about the activities we had undertaken as a school, and Aoibhe spoke about why she decided to join SVP.

## Holy Child Killiney

We were very excited to attend the Young SVP East Region Youth Day in City West. We presented a 'rap' about SVP and HCK which we had written and performed as a 5th year group. It was a really enjoyable day and we learned a lot from other schools.



Youth Day



Christmas Time

Holy Child School were very proud to represent Young SVP at the celebrations in the Convention Centre to mark 175 years of the Society of St Vincent de Paul in Ireland. This National Conference took place on 13th April, with the theme 'Serving in Hope'.

Our students spent the day with SVP members from around the country, including our own Ann Cuffe Fitzgerald, Chair of HCK Board, but wearing her SVP 'hat' as SVP Area President.

The day began with a keynote address by President Higgins, followed by a short history of the Society and its work through the decades. Then our girls, once again, presented the vision and mission of SVP in the 'rap', which was really well received - it has become a very popular way to share this inspirational message.

Overall, this has been a very successful year for our Conference; we had many opportunities to share the vision of SVP, to live by Gospel values and reach out to our local community. I was very proud to represent Holy Child as SVP President and will continue to support all SVP initiatives in the future.

By Catherine, Conference President.

# Holy Child Killiney Young SVP Rap

Fighting for justice was his aim  
Frederic Ozanam was his name  
In Paris he saw the poor  
He wanted to help more  
Jesus was his inspiration  
To follow the Gospel his inclination  
Founded in 1833  
Vincent, Frederic and Rosalie  
The Power of three  
For SVP.

Came to Ireland in 1844  
During the great famine  
Here to help the poor.  
Through charitable deeds  
SVP meets their needs,  
Befriending and visitation  
Frederic is our inspiration  
Projects to improve the lives of others  
Working together as sisters and brothers  
Promoting self-sufficiency  
So people can live efficiently  
Funded by donation  
With God's appreciation  
Holy Child community  
Standing strong in unity  
One and a half million members worldwide  
Working together to heal the divide.  
Abiding by our Holy Child creed  
We strive to help those in need.



Youth Day



Meeting the SVP Area Council



Youth Day



Youth Day

Actions not Words !

# St Paul's College



Our Thumbprint workshop at  
Belgrove Girls NS



## Young SVP Climate Justice Project

Young SVP members in St. Paul's College enjoyed a very busy year with a variety of projects working with diverse groups from elderly neighbours, first year students and those in need at Christmas. We would like to highlight one project in particular- a Climate Justice action project which we developed in conjunction with Fr. Maurice Henry and the SMA Fathers.

Fr. Maurice spent over 40 years working in Africa and over that time he saw some major changes in weather patterns. Increasingly storms/droughts and other weather patterns became more and more destructive leaving many peoples destitute in their wake. He came to understand that this is the result of Climate Change affecting those in poverty in Africa. So his project is to highlight the issue of Climate Justice – how we in the developed world are the major drivers of Climate Change but those mostly affected are the people of Africa.

We formed a partnership with Fr. Maurice and took on to bring the Thumbprint campaign to our school in Raheny. We developed a mime which shows how we are the major carbon polluters and we told a story of a Lake in Kenya which is disappearing (Lake Turkana). We told this story using sand to make the story. Our workshops went down very well with our students in St. Paul's and we also took it to a local primary school.

Following this we presented our story at the Young SVP East Region Day which Fr. Maurice attended. Finally we were invited to present our project at a major gathering of secondary school pupils at Knock Shrine – this day was organised by the family of Kerry teenager Donal Wash.

We developed our presentation further to include a piece on the power of planting trees as a means to combat the effects of climate change. We got a fantastic response at Knock and even got another invitation to present our project in Newcastle UK! If you would like to get involved with our project we would love to share our ideas and resources with other Young SVP groups.

Luca, Conal, Owen , Charles and Donal



# Spotlight on Social Justice

Tricia Kielthy, SVP Social  
Justice & Policy Officer



## Tackling energy poverty and climate change: two sides of the same coin?

SVP's work in communities across the country demonstrates that energy poverty remains a major issue affecting large volumes of households, estimated at up to 28% of the population. Every week, SVP members meet hundreds of individuals and families living in cold, damp and poorly insulated homes, struggling to meet the costs of their utility bill. In 2017, fuel and utilities represented 14.5% of overall expenditure on direct assistance to households.

**"There are six of us with two bedrooms, living room, kitchen and bathroom. We have one small heater and we move it from room to room."** (VPSJ/SVP 2018 Stories of Struggle)

Although energy poverty remains a significant issue for SVP, there has been a lot of progress in relation to this issue over the past number of years. Better engagement from suppliers and the introduction of pre-pay meters has led to a significant reduction in the number of disconnections. This has been coupled with much greater investment in energy efficiency schemes for low income households.

However, significant challenges remain. In the past 12 months, most suppliers have increased their prices, adding at least €300 per year to the average bill. Gaps in energy efficiency schemes are also limiting progress on tackling energy poverty. For example, private renters are much more likely to live in poorly insulated homes but it is very difficult to access grants for energy upgrades as they are only currently available to home owners. Although the fuel allowance has increased in the past two budgets, it is still 21% lower than 2010 once you take in account recent price increases.

Another factor that could potentially make the experiences of the people SVP assist much more difficult, is an increase in the carbon tax. Research has shown that an increase in the carbon tax, as it is currently designed, would hit low income households harder, particularly those living in rural areas. A significant increase in the tax could potentially add €10.50 to a bag of coal, €2.25 on a bale of briquettes, and 26.5 cents on a litre of diesel.

And unless there is greater investment in public transport and energy efficiency schemes, low income households will have to absorb these costs as they are unable to afford the switch to climate friendly alternatives.

**"I can't afford to fill the oil tank, I can fill a barrel with kerosene from time to time, or get fifty euro of briquettes or coal. It's a big home but very cold and [my daughter] is asthmatic."** (VPSJ/SVP 2018 Stories of Struggle)

While the impact of a carbon tax on poor households here in Ireland is of concern, we also know that poorer communities across the globe are more likely to experience the effects of climate change such as flooding and drought. The injustice of this is all the more apparent once you consider that the wealthiest 10% of the world's population are responsible for 50% of global emissions. Climate change is one of the most pressing issues of this generation and significant efforts are required from Governments across the world to avoid environmental catastrophe.

At present Ireland is one of the worst performers in reducing carbon emissions and if we don't meet our climate action commitments we face fines of up to €500 million. It is therefore really important that SVP are part of the climate change discussions at local and national level so that measures are put in place to adequately protect low income households from the costs of climate action.

Practically, this means ensuring low income groups, regardless of tenure, can live in energy efficient homes, providing better access public transport in both rural and urban areas and putting in place protections from future energy price hikes through the introduction of social tariffs. In the short to medium term it will be crucially important that energy poor households are compensated from any increases in the cost of fuel, as a result of carbon pricing, through the tax and benefit system.

It is clear that if Ireland is to be successful in addressing both climate change and energy poverty, the Government need to see both issues as being on two sides of the same coin and, critically, of equal importance. That's why the principles of climate justice, such as safeguarding the rights of the most vulnerable and sharing the burdens and benefits of climate change equitably, must underpin all policy decisions.



# Holy Family Community School



We, in Holy Family Community School Rathcoole, have been busy supporting the work of SVP in recent weeks

## Clothes Collection

Before the Easter break, the school community contributed to our clothes collection - Style for SVP. Good quality items were donated and then distributed to SVP Shops in Tallaght, Celbridge, Rathfarnham, Terenure and Rathmines.

## Conference Call

Before the Easter break, the local conference visited the school to speak to some 5th year Religion students about their work in the community. The visit supported the content of the lessons as students were learning about Social Justice, one of the three pillars of SVP. Holy Family CS is a community within a community.



## Book Collection



Staff and students donated books after the Easter break. Some books were deposited in the School Library for student use while others were distributed to SVP Shops in Celbridge, Tallaght and Rathmines.

## Soccer Tournament

First year students organised a soccer tournament in aid of SVP. Played in glorious sunshine, the players participated enthusiastically, displayed their skills and had fun. All the while raising awareness of and funds for SVP.



# Sustainable Fashion

Lily Marshal

National Volunteer Co-ordinator Retail

ENGAGE WITH VINCENT'S THROUGH SOCIAL JUSTICE, SOCIAL INTERACTION  
AND SUSTAINABLE SHOPPING

Did you know?

It takes 2720 litres of water to make a T-shirt: that's how much we normally drink over a 3 year period



The Vincent's shops are a gateway to SVP services and a physical representation of the SVP values.

Our shops promote social justice, social interaction, and sustainable shopping.

Emergency assistance is available to homeless visitors to the shops who are unable to meet or await local conferences.

We promote social interaction and inclusion through customer care, volunteer opportunities and information leaflets in 11 languages.

As an SVP service, our shops have a social and environmental responsibility. Vincent's supports sustainable fashion and the circular economy by extracting value out of all donated goods. Our shops and warehouses maximize circulation of goods and redistribute or recycle 97% of all textiles.

We are combating the fast fashion and "throw-away" attitude by encouraging donations and buying second-hand through our National Campaigns. One of our recent tactics has been placing t-shirts with our environmental messages in each shop. These t-shirts are displayed strategically around the shop and on mannequins for customers to read and become more aware of the effects of the fashion industry on climate change.

We are working to support the Fashion Revolution Movement goals of a cleaner, safe, fairer, more transparent and more accountable fashion industry.

Do you want to know more about sustainable fashion & how you can support the Vincent's shops?  
Get in touch!



# Rosmini Community School

Transition Year students in Rosmini Community School have undertaken a number of Young SVP Social Justice Projects over the course of the year. One of these projects saw students raise awareness in the school of the wonderful work of Sunshine House in providing summer holidays to children from disadvantaged backgrounds. Inspired by their visit to Sunshine House at a Young SVP Get Together earlier in the year, a group of students wanted to support the fantastic charitable work of this facility.

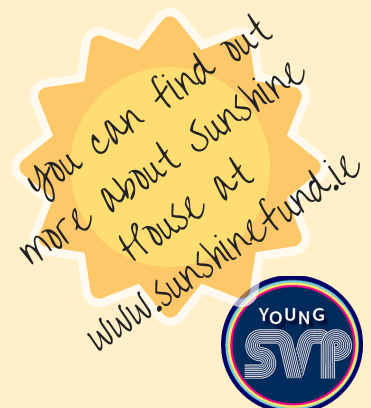
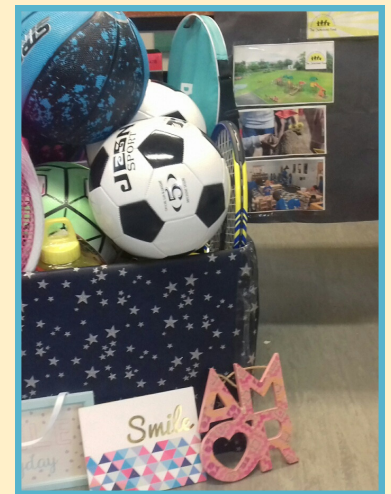
One of the first stages of this project involved groups of students researching various aspects of Sunshine House such as its history, mission, facilities and activities held in the summer camps. This information was shared with other students in the school. Transition Years were encouraged to inform their peers of the work of Sunshine House in giving children the opportunity to have a well deserved holiday filled with laughter and fun.

The next stage of the project involved a fundraiser, in which students were encouraged to come to school wearing green clothing and make a donation of 2 euros for Sunshine House. Students chose St. Patrick's Day Festival as the perfect time to fundraise as they wanted to make their peers aware that not every child in Ireland gets the chance to make joyful long lasting memories that they may do on patron saint's day. This highlighted the importance of supporting Sunshine House in its commitment to helping children make wonderful memories of their own at the summer camps.

The 200 euros raised was used to purchase sporting equipment such as tennis rackets, a basketball hoop, footballs and other items that would be put to good use by the children at the summer camps.

On March 25th, Clare Mander, Youth Development Officer, attended an event in which these items were donated to Sunshine House. Transition Year students gave presentations of their research of this facility.

The students of Rosmini felt an overwhelming sense of joy that they could help make a positive difference to the lives of the children who look so forward to going on holidays to Sunshine House.





# Young SVP at 3rd Level

Siofra Dempsey-College Support Officer

2018/19 was another action-packed year for Young SVP, and the second term was even more eventful than the first. For most of the college conferences, activities become more regular and busier during the second term, as the conference builds up more of a name and presence in their college.

The weekly activities of the conferences remained much the same as in the first part of the year, with focus on kids' clubs, educational afterschool clubs, homeless outreach, social justice, flat decorating, and fundraising. The conferences at TCD, UCD, and DCU ran regular activities, while the students at Maynooth University and TU Dublin (TUD) focused more on once-off events.

There were several big events during this term, including TUD SVP's Sustainable Fashion Show, which was hugely successful and really well received by students and staff at TUD. The students used clothes from the Vincent's shops for the show, and had a variety of models from their own society and the Arab Society, who co-organised the event. Between the fashion show and the Christmas appeal, the students from TUD SVP raised over €1,600 for SVP this year!

TCD also saw their annual Panto production taking place in February, with 40 volunteers and 100 children from their youth activities coming together to put their own spin on The Lion King. The Panto ran over two nights and raised money for the running of their art, drama, music and sports clubs with nearby primary schools.

The very next weekend saw the annual Jailbreak Race, Ireland's largest student fundraising event. Organised by students from TCD and in aid of SVP and Amnesty, the race saw 70 teams of two racing across Europe to a secret destination – all without spending any of their own money, and fundraising along the way. The race raised an incredible €70,000 this year, a new record, with half coming to SVP to be divided back out to the college conferences that took part, so that the money raised by young people helps those same young people to fund their activities next year.



Intervarsity Weekend

UCD SVP ran their annual Social Justice week in March, with this year's theme being Mental Health in Ireland. Over the course of the week they ran loads of events, including workshops on helping friends who might be struggling with mental health and ways to look after our own mental health, as well as movie screenings, coffee mornings and other social activities.

The second term also saw our annual Intervarsity Weekend, bringing together students from 7 of the 10 college conferences for a weekend of social activities, opportunities to connect and plan projects together, and social justice and development workshops. Creating networks of solidarity and cooperation is so crucial to our work, as is having a sense of where each conference fits in the wider organisation of SVP. The Intervarsity weekend is always so much fun, and wonderful to see everyone getting to know each other and finding out ways of working together even from different parts of the country.

A huge thank you to all our college volunteers for making this another unforgettable year, and for all your continued support and hard work. SVP wouldn't be what it is without you!



Check out the Young SVP Fashion Show in TU Dublin!

<https://m.youtube.com/watch?v=vXuXUT1BjQI>



# Social Media Round Up



Find out about the work of other young SVP groups by following us on Instagram, Facebook and Twitter!



youngsvpofficial



@young\_SVP



young SVP



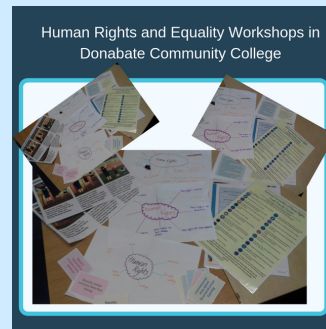
Well done and thank you to the young people from Navaghmore Forge who made and sold these Fantastic Bird Houses to raise money for SVP!



Young SVP in Cross & Passion College  
CROSS & PASSION COLLEGE KILCULLEN  
YOUNG SVP PROJECT ON FOOD POVERTY



Cake Sale at Donabate Community College  
SVP Cake sale  
To raise awareness about homelessness



Human Rights and Equality Workshops in Donabate Community College



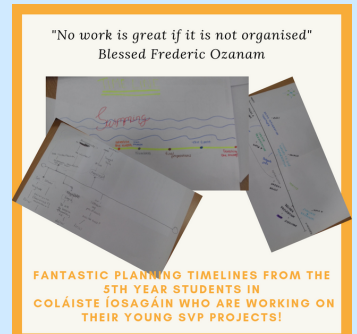
Well Done!  
Wicklow Garda Youth Awards  
Congratulations to the Young SVP Conference in St Mary's College who have won a Garda Wicklow Youth Award



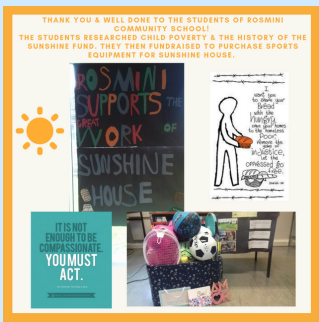
Well Done!  
Priority Youthreach



Well done & thank you Dominican College Griffith Avenue Young SVP Conference



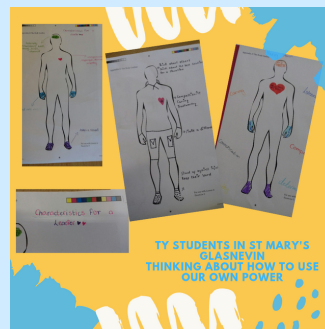
"No work is great if it is not organised"  
Blessed Frederic Ozanam  
FANTASTIC PLANNING TIMELINES FROM THE 5TH YEAR STUDENTS IN COLAISTE IOSAGAIN WHO ARE WORKING ON THEIR YOUNG SVP PROJECTS!



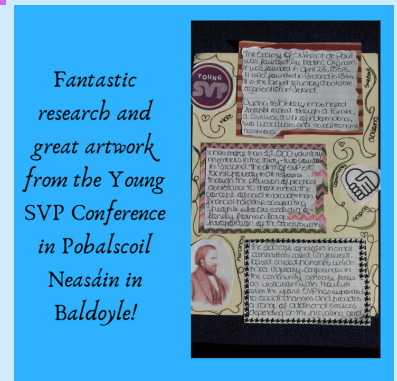
THANK YOU & WELL DONE TO THE STUDENTS OF BOSMINI COMMUNITY SCHOOL. THE STUDENTS RESEARCHED CHILD POVERTY & THE HISTORY OF THE SUNSHINE FUND. THEY THEN FUNDRAISED TO PURCHASE SPORTS EQUIPMENT FOR SUNSHINE HOUSE.  
IT IS NOT ENOUGH TO BE COMPASSIONATE, YOU MUST ACT.



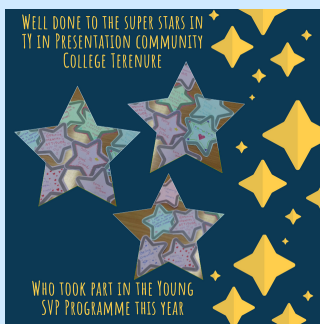
WELL DONE!  
CROSS & PASSION COLLEGE KILCULLEN  
YOUNG SVP PROJECT ON FOOD POVERTY



TY STUDENTS IN ST MARY'S COLLEGE ARE THINKING ABOUT HOW TO USE OUR OWN POWER



Fantastic research and great artwork from the Young SVP Conference in Pobalscoil Neasáin in Baldoyle!



WELL DONE TO THE SUPER STARS IN TY IN PRESENTATION COMMUNITY COLLEGE TERENCE  
WHO TOOK PART IN THE YOUNG SVP PROGRAMME THIS YEAR



# TAKING PART

## YOUNG SVP 2019/2020

**NEW WORKSHOPS  
AVAILABLE!**



**1) ENERGY POVERTY +  
CLIMATE JUSTICE  
2) SUSTAINABLE  
FASHION**

### Getting Started

Get in touch with your Youth Development Officer. You will then be invited to attend a Young SVP Get Together or a guest speaker talk will be arranged for your school. This will help you learn more about SVP and the opportunities for young people to get involved. Schools taking part in the programme will then be asked to register with Young SVP.

### Learning about Social Justice

At this stage you might decide to set up your Young SVP Conference/ group/ class project. Then your Youth Development Officer (YDO) will visit your group to facilitate a series of workshops looking at social justice: Poverty & the Cost of Living, Power & Society, Human Rights, Equality, Campaigning, Social Justice & Social Action. We will also have two new workshops available from September 2019: Energy Poverty & Climate Justice and Sustainable Fashion!

**THE AIM OF YOUNG SVP IS TO PROVIDE OPPORTUNITIES FOR YOUNG PEOPLE TO ENGAGE IN SOCIAL ACTION IN THEIR OWN COMMUNITIES, ENCOURAGING PERSONAL AND SOCIAL DEVELOPMENT**

### What is a Young SVP Conference?

A 'Conference' is the SVP term for a committee of volunteers that meet regularly and plan projects to give back to their communities. The members elect their own President and other officers and are supported by a Youth Conference Coordinator (for example a teacher or chaplain in your school) and your YDO.

Young SVP Conferences should meet regularly at a set time. Meetings are an opportunity for members to reflect together, to share their experiences and to plan actions.

Your YDO will visit some of your Conference meetings throughout the year to support you in setting up & running your Conference, explore social justice issues, plan social actions and reflect.

### Taking Action

As a Conference, class or group you will now be ready to take action. There are four types of project you can choose from: Befriending projects (for example visiting older people in Day Care Centres, hosting coffee mornings in your school, buddy programmes with 1st year students). Education projects (for example homework clubs, paired reading with your local primary school, helping older people with computer skills). Direct Aid projects (for example, fundraising events, food appeals, clothes drives) and Social Justice Research & Action (researching and creating awareness about a social justice issue). Every project should link to the three pillars of the SVP Mission Statement: Support & Friendship, Promoting Self Sufficiency and Working for Social Justice. You will receive support and guidance from your YDO throughout the project(s).

### Youth Day

At the end of the year representatives from your school will be invited to attend the Young SVP Regional Youth Day. This is an opportunity for you to meet other young volunteers, to share your ideas, hear about what other schools have undertaken, to listen to speakers and take part in workshops and activities.

Your YDO will also visit your group to support you to review and reflect on your volunteering experience.



**26 REMEMBER TO TALK TO YOUR SVP YDO AND YOUR TEACHER BEFORE BEGINNING ANY PROJECTS**

Thank you to the schools and centres who have registered with Young SVP in the East Region this year.

If you would like to register your group please contact Clare at [claremander.east@svp.ie](mailto:claremander.east@svp.ie)

If your school or group is taking part in Young SVP please contact us for information on how to register!

If your school or group would like to take part in the programme please get in touch! We would love to hear from you!

- Belvedere College
- Bremore Educate Together Secondary School
- Caritas College
- Catholic University School
- Colaiste Mhuire
- Colaiste Iosagain
- Cross and Passion College
- Dominican College Griffith Avenue
- Dominican College Sion Hill
- Donabate Community College
- Glenart College
- Greenhills College
- Holy Child Killiney
- Holy Faith Clontarf
- Loreto College Swords
- Loreto High School Beaufort
- Loreto Secondary School Balbriggan
- Mount Anville Secondary School
- O'Connell School
- Pobalscoil Neasain
- Presentation Community College Terenure
- Priory Youthreach
- Rosmini Community School
- St Dominic's College Ballyfermot
- St Joseph's CBS
- St Kilian's Community School
- St Mary's College Arklow
- St Paul's College Raheny
- St Vincent's Castleknock College

SVP wants to support, acknowledge and record all the great work that young people are doing with or for SVP. We also want to ensure that all young volunteers are provided with the best possible opportunities to develop within their own experiences. In order to support us to do this please complete our registration form and keep in regular contact with the Youth Development Team.



A big thank you to everyone who has contributed to this publication. If you would like an article included in the next newsletter, please send in descriptions of your projects & activities and photos (with parent/guardian consent).

If you would like more information, resources or to take part in the programme please contact:

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