

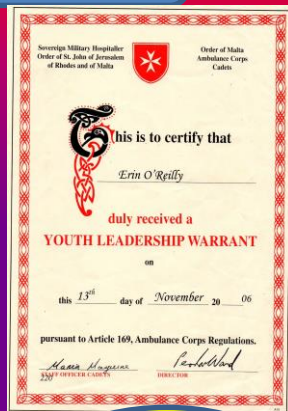
Striving to be 'One Good Adult'

Promoting independence, confidence and positive mental health



I also volunteer with the local Special Olympics Junior club. In this position I volunteer as part of a team to promote a healthy active lifestyle for children with disabilities. In 2003 I volunteered when the World Games came to Ireland We also try to promote an inclusive environment for the athletes and promote independence. Providing support and highlighting their achievements is vital in this role and here I also strive to be One Good Adult.

I have volunteered with Irish Girl Guides for 4 years. I work alongside other leaders to programme plan an activity based educational programme for these children. The Irish Girl Guides is part of the World Association of Girl Guides and Girls Scouts (WAGGGS). The girls are thought to respect their environment and respect others while always trying to be good citizens. We do badge work with the girls including, camp craft, fire safety, safety in the home and as part of a global scouting movement we have world Thinking Day. The guiding programme promotes self confidence and allows the girls to build up their self esteem. The girls are all aware that if anything is bothering them they can approach one of the leaders and speak their mind clearly and freely without fear which is good as they know there is support available.



EMPOWERING THE YOUTH OF TODAY WITH THE SKILLS THEY WILL NEED FOR THE FUTURE. PROMOTING CONFIDENCE IN TOMORROWS ADULTS

Promoting good mental health in young people is vital for good mental health in adulthood. The My World study by Dooley and Fitzgerald (2012) in conjunction with Headstrong found that every young person needs at least one good adult in their lives. The presence of One Good Adult in a young persons life has a positive effect on their mental health, self esteem and also their abilities to cope with the pressures of being a young person in Ireland today. 70% of participants in the My World Survey stated they had received good support from One Good Adult. This survey proves the importance of listening to young people and the difference one person can make by supporting young people. By striving to be that One Good Adult, we can make the world a better place for todays children who could be the good adults of the future.



Order of Malta Cadets COURTESY 2006

I have 19 years service in the Order of Malta serving my local community. In the Order of Malta I have learnt first aid skills which I now teach to cadets aged 10-15. Empowering young people with the skills and knowledge needed to assist someone who is ill or injured builds up confidence and the young person feels they have done something worthwhile. These skills have allowed me to assist a number of people, most recently in March 2015 I assisted at a scene where a pensioner was knocked down in an accident. I have accompanied cadets to Lourdes, France where they assisted sick pilgrims. I have attended Lourdes on 2 other occasions with the Order of Malta and worked in the Accueil Notre Dame which is the hospital in Lourdes. I currently manage the cadet unit in my area organising activities, community engagement and other life skills sessions. At this present time, I am training the cadets to participate in Regional first aid and home nursing competitions. In the heavy snow of 2010 we called to the homes of local pensioners ensuring they were ok. Some of the projects I have ran with cadets include sign language, helping at home, assisting with ADLs, camp craft, anti-bullying and drug awareness amongst others. I strive to be a source of support for these young people and also a good role model. It is my hope that if I can be One Good Adult, for these children, I can make a difference.