



club gan ainm!



Press Release

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For Immediate Release

No Name Club seeks Carlow volunteers

The **No Name Club**, a national youth organisation that empowers young people by providing them with a wide range of activities, is looking for **adult volunteers** to help it run its club in **Carlow Town**.

The club is moving into its second year and its adult committee is looking for assistance in delivering the wide-range of activities it provides to teenagers aged 15 +. It meets once a week on Friday night at The Vault youth café on Burrin Street.

No Name Clubs organise for teenagers' events and activities that are free from the pressures of alcohol or other drugs. These can include discos, games, sports events, social evenings, talent competitions, cookery and arts and crafts. They organise day trips and weekends away and the organisation runs an annual talent competition and national youth awards.

The adult volunteers within a No Name Club work with the teenagers to deliver the events and activities. **Niamh Kearney, the No Name Club training officer for Carlow explains:** *"The adult committee provides the teenagers with the help and support they need to organise and run the club for themselves. This is allowing the young people to assume responsibility and learn leadership skills at an important age in their development. It also provides them with fun and healthy activity, at a time when teenage health is an important issue."*

Last Halloween, the club organised a very successful Battle of the Bands competition in Carlow Rugby Club and it is also looking for young people who might be interested in joining the club to make contact.

As well as running events and providing activities, the No Name Club also works with its teenagers to help them address issues affecting young people, and projects addressing alcohol, drug abuse, health, diet and nutrition, health and road safety are regularly run. Agencies such as the HSE, Road Safety Authority and An Garda Síochána work with the organisation and its members.

Anyone interested in finding out **more information** about volunteering can contact **Niamh Kearney at 087 9749487**.

Press release issued by Michael McGlynn, Communications Officer with No Name Club. For further information you can contact him at 045 435444 or 087 9082970.

Note for the Editor

No Name Club is a National Voluntary Youth Organisation founded in 1978 and has 43 clubs throughout the country. No Name Clubs are run by and for young people aged 15 years + who come together in a safe and lively environment where there's fun, friendship and enjoyment without the pressure of alcohol or other drugs. No Name Clubs were founded to provide an alternative to pub culture for young people in Ireland. They demonstrate a lifestyle in which the use of alcohol or drugs is seen as unnecessary to the enjoyment of a happy, cheerful and fulfilling social life for young people. Over the last 30 years, thousands of young people have valued their involvement in a programme of activities that allow them to enjoy themselves socially with their peers in a safe and friendly environment, free from the dangers and influences of alcohol and drugs. At present there are over 15,000 young people involved with No Name Clubs throughout the country.