



THE *no name!* **CLUB**

TOOLKIT

TABLE OF CONTENTS

1	CONTACTS
2	HYBRID CLUBS
4	HQ ACTIVITIES
7	CLUB ACTIVITIES
8	SEPTEMBER
10	OCTOBER
12	NOVEMBER
14	DECEMBER



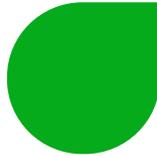
HQ CONTACTS

STEPHEN PLUNKETT

Operations Manager

Mob: +35389 4359506

Email: SPlunkett@NoNameClub.ie



JOHN WILLIAMS

Club Support &
Programme Development

Tel: +35359 6400299

Mob & WhatsApp: +35386 8154290

Email: JWilliams@NoNameClub.ie

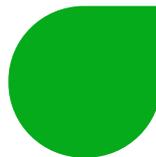


CON NOLAN

Child Protection Officer &
Programme Development

Mob: +35386 3519043

Email: CNolan@NoNameClub.ie



ANN DOYLE

Financial Officer

Tel: +35359 6400299

Email: admin@NoNameClub.ie

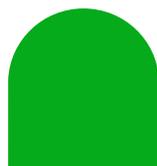


SIBÉAL O'DWYER

Communications
Administrator

Mob & WhatsApp: +35383 0133069

Email: SODwyer@NoNameClub.ie



WHAT IS A HYBRID CLUB?

As we look to a new year of No Name club, apprehension regarding how we can start up again and how clubs can operate is understandable. Last year, COVID-19 impacted on how we could operate and required clubs to deal with the limitations imposed and the health issues and considerations involved. Every club works differently and this was seen in how various clubs operated last year.

The hybrid approach looks at combining virtual or online activity with outdoor activities. It is hoped that this approach be seen as complementary to how clubs have always operated, adding to the ideas, suggestions and options that clubs may consider for the year ahead.

This is certainly not the only way to approach running a club but gives us a framework for the current climate of COVID-19 which allows for activity, connectedness and fun which young people in all No Name Clubs have always thrived on.

The Outline for Hybrid Club on the next page explains how there can be a mix of in-person and online activities.

Public health guidelines will indicate how many people can be in each group or 'pod' for outdoor activities. The Covid leader within each club will be able to guide the club with guidelines for Covid restrictions, up-to-date tips and club activities available on the website under 'Resources'. Staff are of course available for further support and guidance where required and contact details for HQ staff are at the front of the booklet.



HOW TO USE THIS TOOLKIT

The 'Toolkit' is made up of this booklet and printed forms and resources for clubs.

This Booklet provides an overview of the Theme of the month, key dates and deadlines. This can provide some inspiration for club activities.

The Monthly Overview Calendar is a month-by-month view of 2021, including HQ activities, with space to fill in your own club's activities

Attendance Sheets
Contact Tracing Logs
Affiliation forms 1 and 2





OUTLINE FOR A HYBRID CLUB

SAMPLE CLUB PLAN WITH ONLINE AND OFFLINE ACTIVITIES

DATE	AGENDA	METHOD
6 October 2021	Open Night	Online
13 October 2021	Tuning into HQ Club Activity	Online
20 October 2021	Local Cycle Path	Outdoor
27 October 2021	No Name Club Ethos & Values	Online
3 November 2021	Yoga Session with local instructor	Online
6 November 2021	Day Trip to local adventure centre	Outdoor
10 November 2021	Tuning into HQ Club Activity	Online
17 November 2021	Meet in local park plan Christmas Charity walk and Christmas Raffle	Outdoor
24 November 2021	Alcohol Awareness Training	Online
1 December 2021	5km walk for Charity/Local Cause	Outdoor
8 December 2021	Tuning into HQ Club Activity	Online
15 December 2021	Carol Singing in the town Christmas Raffle	Outdoor

STARTING THE CLUB YEAR

Mandatory health and safety checks should be carried out in the first weeks of the club.

Affiliation 1 is due on the **1st of October 2021**.

Affiliation 2 is due on the **5th of November 2021**.

Health Promotion Grant Application 1 is due on the **26th of November 2021**.

Health Promotion Grant Application 2 is due on the **29th of April 2022**.

Ethos and Values Training and Alcohol Awareness Training will take place during the club year with a member of staff.

New volunteers should complete **Garda Vetting forms** as soon as possible.





NEWSLETTER

Day:

the first Tuesday of the month

Place: Email and Website

Activity:

An overview of all No Name! Club activities taking place in the month, opportunities and ideas from HQ and our partner organisations

SOCIAL MEDIA

The national No Name! Club social media will be regularly updated as a resource for young people about what is happening in all clubs and about issues that effect them.

Our Communications, GDPR and Child Protection policies are available on our website.

HQ ACTIVITIES

ACTIVITY

Day:

the second Wednesday of the month

Place:

Online (Zoom)

Activity:

(e.g guest speakers, virtual workshops)

Based on the theme of the month, this activity will be a chance for members to interact with other club.

All clubs will be invited to register.

BROADCAST

Day:

last Thursday of the month

Place:

available on all streaming platforms.

Activity:

This short podcast will discuss the theme of the month, include a guest speaker and pieces from clubs about what they have been up to.



ETHOS & VALUES TRAINING

Ethos and Values training gives hosts and hostesses a deeper understanding of the No Name! Club and what we stand for. The training is mandatory and will be administered by a member of staff at the beginning of the club year. It will be an engaging and interactive session and local volunteers and youth council members are invited to share their experiences.

ALCOHOL AWARENESS TRAINING

The No Name! Club provides positive alternatives to 'pub culture' for and with young people. It is important that hosts and hostesses are informed of the facts around alcohol. This is also a mandatory training to be undertaken by a member of staff and will be an engaging presentation for members.



SKILLS SUMMARY

We are linking up with The National Youth Council (NYCI) to roll out Skills Summary in our No Name Clubs. Virtual Leaders will be provided with an online training session around the Skills Summary programme.

Skills Summary is an easy to use online tool that captures the skills young people gain by participating in youth work and volunteering opportunities, building their confidence, so that they can better communicate the value of these essential skills to future employers.

This will be an excellent way of recognising the skills and abilities that your young people develop during their participation in the No Name Club whilst also providing a way in which they can record and document those skills and abilities for themselves.

This online training through NYCI is for all who would like to explore the potential of the digital Skills Summary tool for your youth work practice – face to face & online. The session will help you to support your young people in realising the strengths they have and in finding a language around their transferable life skills. More information is available on Skills Summary is available on our website.

MENTAL HEALTH FIRST AID TRAINING

We are delighted to be able to offer our Youth Mental Health First Aid Training to our staff and volunteers. We now have an embedded instructor in the No Name Club and this training is accredited to Mental Health First Aid Ireland, St John of Gods and part-funded by the HSE. Caroline O'Connor from Naas is our voluntary embedded instructor.

The training takes 14 hours in total and will be offered in two formats - online or face to face.

The Youth Mental Health First Aid course from Mental Health First Aid Ireland is designed for adults who live with, work with or support young people aged between 12 and 18. This course teaches participants how to assist a young person who may be experiencing a mental health problem or mental health crisis until appropriate professional help is received or the crisis resolves, using a practical, evidence-based action plan. This training is not a therapy/support group and is not suitable for anyone under 18 to attend.



ACTIVITY IDEAS

Here are some more ideas for club activities that were done in the 2020-21 Club Year. More information and photos from these events is available on the website. There is a list of providers of these activities available on the website.

OUTDOOR ACTIVITIES

- Paddle Boarding
- Charity Walk
- Tree Planting
- Walking Tour
- Treasure Hunt

ONLINE ACTIVITIES

- Awareness Talks
- Kahoot Quiz Challenge
- Laughter Yoga
- Countdown
- Virtual city tours
- Guest Speakers
- Virtual Bingo
- Film night
- Workshops
 - Nutrition
 - Self Awareness
- Training
 - Podcasts
 - Social Media
- Eco UNESCO Youth Environment Awareness Campaign
- Pieta House Amber Flag

Each month will have a **HQ Theme** and the following pages are an overview of activities that could be done to match this theme. However, clubs are not limited to activities that align with the weekly theme and these ideas can be for any time.



MONTHLY THEMES

SEPTEMBER

Let's get going!

HQ ACTIVITIES

Volunteers:

- Garda Vetting Information for new Volunteers
- Virtual Leaders Training
- Providing Child Protection Training.
- Meeting all clubs
- Newsletter

Young People

- Club Activity via Zoom
- HQ Virtual Walking Challenge
- HQ Giveaway
- Broadcast

S	M	T	W	T	F	S
			1 Irish Heart Month	2	3	4
5	6	7 <u>Newsletter</u>	8	9	10	11
12 National Bike Week	13	14	15 <u>HQ Online Club Activity</u>	16	17 HQ Broadcast Submission Deadline	18
19	20	21 Newsletter Submissions Deadline	22	23 <u>HQ Broadcast</u> European Week of Sport	24	25
26 National Community Walking Day	27	28	29	30		



MONTHLY THEMES

SEPTEMBER

Let's get going!

IDEAS FOR CLUB ACTIVITIES

National Bike Week

Clubs encouraged to organise cycling event/activity aimed at getting as many volunteers and club members involved as possible. Emphasis on fun and participation.

- cycle to local picnic site. beauty spot, beach, etc.
- guided cycle tour of the area
- bike safety awareness quiz/messaging/discussion

Is there any cycling or bike expertise in the club?

- bike maintenance
- knowledge of different forms of bike use; leisure, sportives, paracycling, BMX, mountain bikes, track, greenways etc.
- access to bike hire/purchase

Could a club cycle become a weekly or monthly event?

- a pizza run
- visiting isolated club members
- linking in with local charity cycling events
- part of a club fitness/activity programme
- seen as a non-competitive, fun, regular physical activity

European Week of Sport

• Organise a Club fun sports day – obstacle courses, races, greasy pole, etc.
could you have a street/townland/village league? – soccer, basketball, table tennis, (beach) volleyball, triathlon, relay races etc.

Run an online Sports quiz – teams, beat the clock, true or false, speciality rounds etc.

- Look to your Local Sports Partnership for details of events in your area
contact your local Water sports/Adventure Centre and organise a club visit.



OCTOBER

Let's look after our Mental Health

HQ ACTIVITIES

Volunteers:

- Newsletter
- Mental Health Training

Young People

- Ethos and Values Training
- Club Activity via Zoom
- Broadcast

OVERVIEW

Promoting and supporting positive mental health outcomes for young people

S	M	T	W	T	F	S
					1 Affiliation 1 Forms due	2
3	4	5 <u>Newsletter</u>	6	7	8 HQ Broadcast Submission Deadline	9
10 World Mental Health Day	11	12 World Homeless Day	13 <u>HQ Online Club Activity</u>	14	15	16
17	18	19 Newsletter Submissions Deadline	20	21	22	23
24	25	26	27	28 <u>HQ Broadcast</u>	29	30
31						



OCTOBER

Let's look after our
Mental Health

IDEAS FOR CLUB ACTIVITIES

Look locally for people who could deliver online and in person where permitted;

- Meditation
- Relaxation sessions
- Mindfulness
- Laughter yoga

Consider utilising online video tutorials

- Physical activities- physical activity is strongly linked with positive mental health outcomes. Revisit some of the activities suggested above for September.
- Coming together in pods of 15 for outdoor meetings and activities (cycling, walking, sports and games, picnics etc.) is very supportive of positive mental health outcomes, providing an opportunity for social contact with others, increased feelings of connectedness and the mental and physical benefits of being outdoors.



NOVEMBER

Let's be Kind!
Let's Talk about Alcohol

HQ ACTIVITIES

OVERVIEW

Volunteers:

- Mental Health First Aid Training
- Newsletter

After the year everyone has just had, let's just be good to each other!

Young People

- Alcohol awareness Training
- Club Activity via Zoom
- Broadcast

S	M	T	W	T	F	S
	1	2 <u>Newsletter</u>	3	4	5 Affiliation 2 Forms due	6
7	8	9	10 <u>HQ Online Club Activity</u>	11	12 HQ Broadcast Submission Deadline	13
14	15	16 Newsletter Submissions Deadline	17	18	19	20 One World Week
21	22 College Awareness Week	23	24	25 <u>HQ Broadcast</u>	26 Health Promotion Application 1 due	27
28	29	30				



NOVEMBER

Let's be Kind!

IDEAS FOR CLUB ACTIVITIES

- Link with community groups to support their work with older adults, disadvantaged communities, special needs groups, those with learning difficulties, access issues etc.
- Take on a project to benefit others in your community; identify a local clean-up project the club could take on, get involved with fund raising for a local issue
- Encourage young people to do one good deed for each other.
- Use the club social media platforms to highlight and acknowledge good deeds by people in the club or the community.
- Online Alcohol Awareness quiz
- Local Drug and Alcohol Task Force online presentation
- Online debating contest on alcohol related topic



DECEMBER

HQ ACTIVITIES

Volunteers:

- Volunteer Catch up
- Newsletter

Young People

- Club Activity via Zoom
- Broadcast

OVERVIEW

Christmas will be very special this year – let's see what we can do to make that happen.

S	M	T	W	T	F	S
			1	2	3 International Day of Persons with Disabilities	4
5	6	7 <u>Newsletter</u>	8 <u>HQ Online Club Activity</u>	9	10 <u>HQ Broadcast Submission Deadline</u>	11
12	13	14	15	16	17	18
19	20	21 <u>Newsletter Submissions Deadline</u>	22	23 <u>HQ Broadcast</u>	24	25
26	27	28	29	30	31	



DECEMBER

IDEAS FOR CLUB ACTIVITIES

- Christmas greetings from clubs – Tiktok, video message, songs, shared on club and HQ social media Platforms
- Ice skating (pods of 15 and in line with venue's protocols)
- Christmas party night (online or in person)
- Carol singing for a local cause/charity (pods of 15)
- Online meeting for Christmas ideas/questions/suggestions for presents/Santa ideas
- Kris Kindle gifts (€5 Euro limit).



No Name Club
Unit 13, Block C
Newpark Shopping
Centre
Newpark
Kilkenny

www.nonameclub.ie
admin@nonameclub.ie
[@the_nonameclub](https://www.instagram.com/the_nonameclub)