

## Anois Parents Information

### 1. Introductions

**Programme Director – Fr. Chris O’Donnell** – Diocesan Director of Youth Ministry, former curate in St. Patrick’s / St. Bridget’s Parish and has lots of experience leading Pilgrimages and residential etc.

**Programme Co-ordinator - Aoife Walsh** – Co-Ordinator of Youth Ministry and of Anois Programme. Lourdes Leader and Diocesan Safeguarding Trainer and Co-ordinator.

2. **Anois Background;** Based on Paulo Freires “Training for Transformation” Programme. This is a programme which fostered leadership and encouraged people to achieve their full potential. The programme was adapted for youth groups and it has been run in Limerick for over 10 years by Pastoral Centre Staff.
3. **Anois Programme;** The programme is based on experiential learning methods and the main focus is on the importance of Listening, Planning, Acting, and Reflecting. Another aim of the week is that students will return to their school and use what they have learned to enhance their school environment in some way. Anois is a very active programme and the week is a very busy one. We believe in an holistic approach to education, meaning that education should sustain, develop and nourish the student not just mentally, but emotionally, spiritually, and physically as well. The Anois programme caters to all these needs through the various workshops, games, and morning and evening prayer. During the week we hope that your child will learn more about leadership as well as learning more about themselves. They will also deepen existing friendships and develop new ones.
4. **Venue;** St. Patrick’s College, Thurles, Co. Tipperary is a third level educational institution. The College has a history of religious and humanities education dating back to 1837. Students will stay on campus for the duration and will not be permitted to leave the premises unless they are accompanied by a leader.
5. **Food;** It’s hot and there’s plenty of it! Generally meat and two veg type of dinners with a hot supper every day as well. Vegetarians will also be catered for. Please inform the co-ordinator if your child is a vegetarian or is allergic to any foods etc. Dinner is not served on Sunday night so we advise parents to ensure their child has eaten before they get the bus on Sunday.
6. **Leaders;** Apart from Chris and Aoife all the leaders on the week are volunteers. Many of them completed the programme as students. Most of them are in their early twenties and in third level education. In order to be accepted as a leader, volunteers must be 18 years or older, fill in an application form, meet with the Programme Co-ordinators, and sign a declaration form. They must also supply the names of two referees who are in turn contacted by the co-ordinator to ensure that they are suitable for the role of leader. Volunteers also complete Garda Vetting and participate in training which focuses on the programme, facilitation skills and child safeguarding issues.
7. **Supervision;** The ratio of students to leaders is usually 3:1. No-one is allowed to leave the premises unless accompanied by a leader or co-ordinator. There is a curfew in place for bedtimes and boys and girls stay on separate floors. A copy of our Child Safeguarding Policy, Procedure and Guidelines are available on request.

8. **Medical Info;** Aoife & Chris both hold a qualification from the Irish Red Cross in Occupational First Aid, however it is vital that if your child has an ongoing medical condition or is currently taking any medication that we are made aware of it. We also need to be notified if your child is allergic to any medication.
9. **Parental Consent Forms / Code of Behaviour;** It is vital that we have them. We cannot take any students to Thurles unless we have received one. ( Please return immediately)
10. **Other activities;** One half day of activity planned (The Anois Olympics) which takes places in the Ursuline Sports Hall. Activities are also organised for each evening. Students who play musical instruments are encouraged to bring them.
11. **Contact Information;** Both Chris and I are contactable 24/7 on mobile, (See Below)  
Students are allowed to bring mobile phones but we ask that they switch them off during workshops.
- Contact Numbers for ANOIS Week  
Chris O'Donnell                      087 - 6323309  
Aoife Walsh                              086 - 0857429
- St Patrick's College, Thurles, Co. Tipperary 0504 - 21201 / 0504 - 24466  
Limerick Diocesan Pastoral Centre, Denmark St., Limerick    061 - 400133
12. **Travel;** Students will be brought to Thurles by bus. The bus will leave the Roxboro Shopping Centre Car Park (Garda Station side) at 4.30pm on Sunday and will return with students to the same place at 4.00pm on Thursday.
13. **Finance;** The Cost of the Programme is €180 for the week and payment should be made to the school. We appreciate that in the current economic climate some people may be experiencing financial difficulties. If there are any issues regarding payment please contact your school, as some schools do subsidise the cost of the programme. Alternatively please contact the Pastoral Centre and we will do our utmost to ensure your child does not miss out on this wonderful opportunity simply because of economic constraints.

**Students will require the following;**

- Sleeping Bag & Pillow (Bed Linen - Single bed sheet)
- Two towels (minimum)
- Sports clothing and runners
- Wash bag etc.
- Everyday clothes and shoes
- Musical Instrument - all those who play an instrument!
- Rain Jacket and Warm Jumper
- Hurleys / Sliotars / Footballs / Rugby Balls etc (Optional)
- Any medication you may require
- Mobile phone chargers!
- There are vending machines in St. Pats so loose change is a good idea, however it may be easier for students to bring snacks with them for the week. (Crisps, Chocolate, Soft Drinks etc)