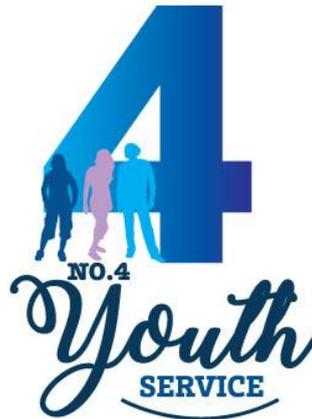


No4 Youth Service

Formerly known as GDYS (Galway Diocesan Youth Service) [No 4 Youth Service](#), a [Gold Health Quality Mark Organisation \(HQM\)](#) works tirelessly to promote and enhance the lives of young people in Galway city by providing a holistic approach and response to a wide variety of issues.



One such way No4 aims to tackle many pertinent issues is their partnership with [Food Cloud and FEAD](#) which provides No4 with perishable and non-perishable goods from shops throughout Galway City who are disposing of the foods. The programme not only provides the young people with the opportunity to learn about healthy eating and nutrition, the programme takes a holistic approach at developing the young person's skill and ability by looking at planning, budgeting and food waste.

The programme is a huge success within No4 and various outcomes have appeared out of the project that was not considered at the beginning.

To begin with, **communication skills** between all the young people and staff have developed which lead to the forming of positive relationships.

Confidence and self- esteem among the young people has increased. This is due to the developing of life skills that are practical and that are used on a day to day basis. They have become empowered.

Planning is a major part of the programme, allowing the young people to assess the food and plan out meals which in turn lead to the developing of **resilience**, providing young people with protective armour against negative outcomes. Developing the young people's planning and **problem solving skills** in turn, leads to the young people being able to cope in difficult situations.

On reflection, these skills link with the 7 potent mechanisms outlined in the [Value for Money and Policy Review for Youth Programmes \(2014\)](#). In addition, there are apparent links with [Better Outcomes, Brighter Futures \(2014-2020\)](#) Outcome 1, Active and Healthy, Physical and Mental Wellbeing and Outcome 2, Achieving Full Potential in Learning and Development. Alongside Better Outcomes, Brighter Futures, the programme fits into [The National Youth Strategy \(2015-2020\)](#), Outcome 1, Active and Healthy. In addition, the programme feeds into [Healthy Ireland \(2013-2025\)](#) and the [National Obesity Policy and Action Plan, A Healthy Weight for Ireland \(2016-2025\)](#).

Another success, which was not factored for at the beginning of the process was the provision of food within the service. Previous to this, food such as soup and sandwiches was provided; a stream of resources was allocated to this as this was a basic need for the young people engaging with the service. However, as the programme and the partnership have evolved, food within the service has become plentiful. This has led to the resources which were once previously needed to provide food, have now been allocated to other necessities such as staff training and development which in turn helps in the success of the Food Cloud and Feed project.

There is no formal evaluation process in place for No4 and this programme however, No4 has an abundance of evidence to illustrate the success and benefit of the programme for the young people involved.

'If someone doesn't have money it's handy to be able to get food at No. 4 rather than having to scrounge up money for the shop'

'It was really nice [Young girl talking about a FEAD delivery] one time I got a hot water bottle and blanket and I was snuggled up in my room, it was around Christmas time'

'The food is so nice to get; it helps a lot. At the moment I can't afford certain stuff and it helps me'

'It helps out a lot because I get to save some money and normally I couldn't do that'

Natalie Cohen, Health Promotion officer for No4 youth service has huge praise for the partnership between No4 and Food Cloud. We in the National Youth Council asked her, what advice she would give to other organisations trying to develop/implement a similar project.

'Meet the needs of the young people who utilise the service. Homelessness is a major worry and issue among the young people and along with that worry comes, the worry of lack of or no food. This programme is so successful in No4 because the needs of the young people are directly met; the programme is invaluable to them'.

'if homelessness and lack of foods is a serious issue and concern among those utilising your service, definitely work towards working with Food Cloud and Feed however, if it is not a need, there would be no direct benefit to your service. There is potential that because it is not an identified need, young people will not be interested or get involved which further leads to a waste of food which, could have been needed in other organisations or services'.