

SKILLS-BASED TRAINING AND LEISURE ACTIVITIES 2020

The Oberstown activities team provided an extensive range of recreational and educational programmes in 2020. After-school activities during term time cater for a wide range of interests and skills. Young people attend voluntarily and have input to the range of activities offered – from fun pastimes to more challenging skills development programmes requiring commitment, hard work and a focus on achievement.

VOCATIONAL TRAINING

Oberstown offers vocational skills training programmes to provide young people with practical skills that increase their prospects of employment in the future. Developments in 2020 include:

Java Republic Coffee Education Programme

Established in April 2019, this practical training programme enables young people to meet the market requirements for new baristas. Participants learn about the coffee industry and go through an intensive one-day barista training session with a certified Specialty Coffee Association trainer from Java Republic. A total of 19 young people completed the course in 2020, earning a Java Republic Barista Skills for Beginners certificate – an industry-standard entry-level qualification. After completing the course, Oberstown's baristas are able to practise their skills on-site using coffee machines donated by Java Republic.

The Java Republic Shield: One young person worked with activity staff to design and create an elaborate decorative shield as a thank you to Java Republic for its partnership with Oberstown. The shield depicts the journey of a coffee bean from seed to cup and includes illustrations of the shared values of community and relationships.



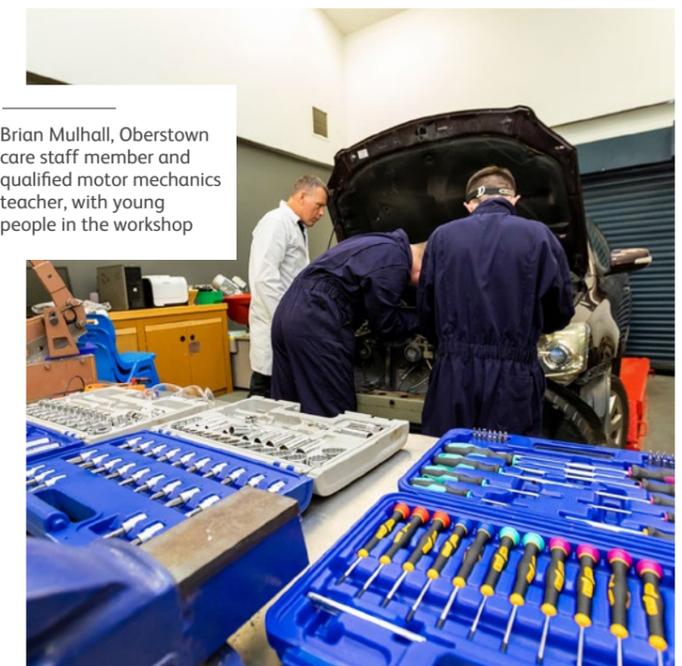
Fitness instructor training

A total of 20 young people and seven members of staff qualified as fitness instructors in 2020 after completing a 12-week course delivered on Campus by Image Fitness Training and facilitated by the Oberstown school and activities team. The successful participants achieved a National Elite Fitness Professional Certificate EQF Level 3 in Fitness Instruction, following assessment based on a practical and written examinations. The course includes modules on practical fitness instruction, anatomy, physiology and training methods. In 2020, four young people enhanced their qualifications with certificates in gym management, fitness programme design, and specialist instruction in spin cycling, kettlebell and TRX/suspension classes.

Image Fitness guarantees that young people who successfully complete the course and want to start a career in the industry will get a job interview for a role as a fitness instructor once they leave Oberstown.

Motor mechanics workshop

A pilot programme to introduce young people to motor mechanics was launched on site in 2020, with courses running four days a week from June to December. Young people were instructed in the basics by staff member Brian Mulhall, a qualified motor mechanics teacher. The classes were held in a specially equipped workshop in the Campus school, where young people gained hands-on experience of working on recently retired vehicles. Following the success of the workshop, a formal course leading to work placement is planned for 2021.



Brian Mulhall, Oberstown care staff member and qualified motor mechanics teacher, with young people in the workshop



SUMMER SCHOOL 2020

Oberstown Summer School 2020 ran over seven weeks from 6 July to 25 August, operating Monday to Friday afternoons from 1.30pm to 6pm. The programme comprised an average of 80 classes per day, with each young person timetabled for four classes of 55 minutes each day. Three of the young people's programmes to develop life skills and address offending behaviour were integrated into the 2020 Summer School – the Real U, Decider and ShoutOut programmes featured on the timetable.

Providing such an extensive programme was a considerable achievement in a year when regular school activities and project work had been affected by COVID-19 restrictions. Oberstown sourced independent activities and educational providers and worked with the Dublin and Dún Laoghaire Education and Training Board (DDLETB) to ensure that a full Summer School programme could take place for up to 35 young people.

Feedback on Summer School 2020 from all involved was very positive, with staff reporting that young people presented with no behaviour management issues, complied with the COVID-19 regime and attended all assigned classes on a daily basis. Summer School 2020 ended with socially-distanced awards presentations, video presentations of short dramas performed by some of the young people, with cakes and coffee served by trained Oberstown baristas.



AFTER-SCHOOL AND SUMMER SCHOOL ACTIVITIES AND PROGRAMMES 2020

Every day there are between 80 and 90 classes available to the young people – around 450 classes per week.

Sport

FAI football coaching
Wall Tennis
Circuit class
Personal Training Fitness suite
Snooker

Personal development and life skills

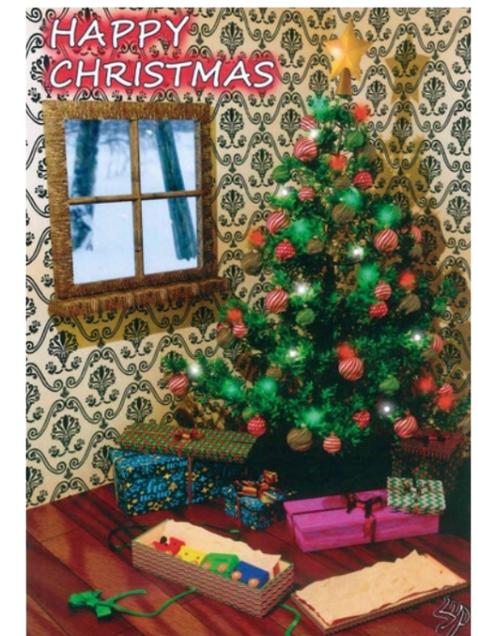
Relaxation /Meditation
Real U programme
ShoutOut programme
Deciders programme

Arts and self-expression

Art
Drama
Textiles
Music / Digital Music
Pottery
Pyrography
Cinema Room

Practical and technical skills

Barista training
Fitness Instructor Course
Home Economics
Wood Technology
Motor Mechanics



Creative output: examples of work by young people include paintings, pottery, decorative wood burnings and graphic designs produced using 3-D modelling and image editing techniques.