



Six ways of well-being:

Keep connected – to those around you, and make those connections you promised you would


Keep learning – from others, what you hear and see, and share your knowledge too

Be active – take some active time for yourself, solo or in company, but make sure it's for you!

Take notice – easy one to do is to notice the change in the seasons, obvious one is the plant life around us, but it could be as simple as what people are wearing as the weather changes, the odd shape of the clouds, etc.

Give – a hard one to suggest to people who already give so much of their time but acknowledge what you do give.

Be kind – use kind words and encourage others to do the same.

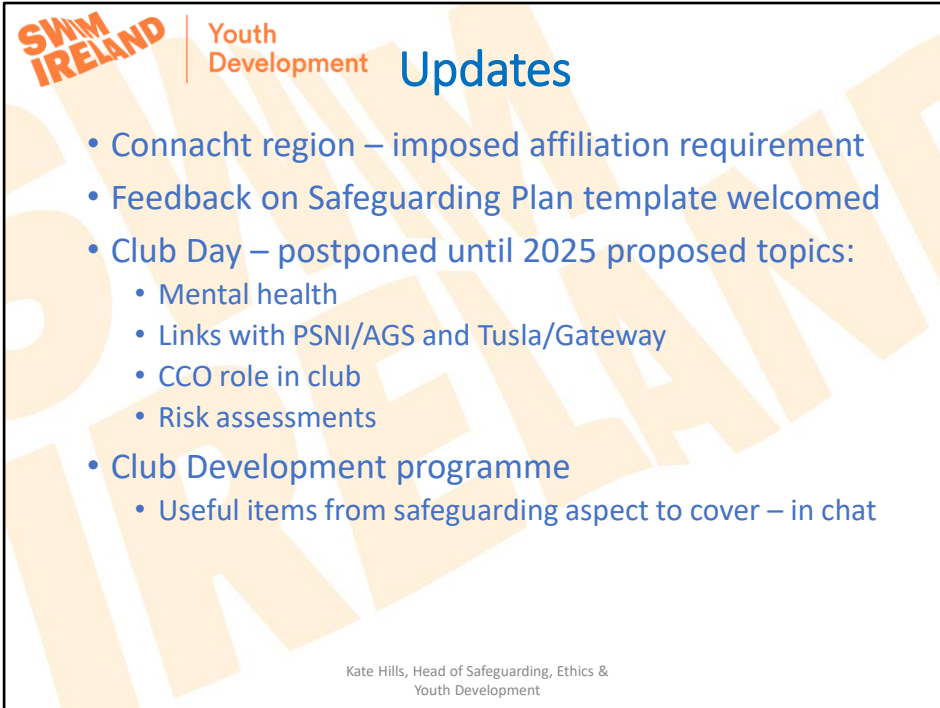


SWIM IRELAND | Youth Development

Today's Topics

- Updates
- Information
- Discussion – case studies based on exit surveys
- Dates

Kate Hills, Head of Safeguarding, Ethics & Youth Development



The slide features the SWIM IRELAND logo in orange and blue, followed by 'Youth Development' in orange and 'Updates' in blue. A large, faint 'SWIM IRELAND' watermark is visible in the background. The main content is a bulleted list of updates. At the bottom, the name and title of the presenter, Kate Hills, are listed.

- Connacht region – imposed affiliation requirement
- Feedback on Safeguarding Plan template welcomed
- Club Day – postponed until 2025 proposed topics:
 - Mental health
 - Links with PSNI/AGS and Tusla/Gateway
 - CCO role in club
 - Risk assessments
- Club Development programme
 - Useful items from safeguarding aspect to cover – in chat

Kate Hills, Head of Safeguarding, Ethics & Youth Development

Updates

Connacht region would not allow any Connacht club to attend regional competition unless affiliated – excellent!

If you are using the Safeguarding Plan, please let me have feedback on its usefulness for you

Club Day – proposed for 9th November is now postponed, and will be held early next year – proposed topics as above

Club Development Programme – what might be useful items; let me know; you can always email me any suggestions: katehills@swimireland.ie



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- Free mental health seminars from [Mental Health Ireland](#) – Five ways to well-being: [Webinar](#)
- [Case reviews \(NSPCC\)](#) – 14 case reviews relating to voluntary sector
- Young Voices in Sport
[Young Voices in Sport | Sport Ireland](#)
- Teenage girls – health and well-being
 - [Tips and Tricks for Girls - Her Moves](#)
- AI fake photos: check out this site and test yourself
[Protect Your Digital World – FAKES](#)

Kate Hills, Head of Safeguarding, Ethics & Youth Development

Information

MH&WB seminars – provided free by Mental Health Ireland until end of October.

[Case reviews \(NSPCC\)](#) – 14 case reviews relating to voluntary sector

Young Voices in Sport

[Young Voices in Sport | Sport Ireland](#)

Teenage girls – health and well-being


[Tips and Tricks for Girls - Her Moves](#)

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SWIM IRELAND | Youth Development **Which is real?**

A or B



Kate Hills, Head of Safeguarding, Ethics & Youth Development

A = Fake

B = Real

Real photos tend to have an identifiable background with clarity, the fake would more often be blurred. Facial features tend to be symmetrical with fake photos and often jewellery doesn't match (not necessarily unusual, but useful pointer).

Go through the link on the previous page and you will get a lot more pointers at the end!

SWIM IRELAND | Youth Development **Discussion**

Feedback from Exit Surveys

How to deal with information:
Who does it go to?
How do you approach any issues?
How do you follow up?

Kate Hills, Head of Safeguarding, Ethics & Youth Development

Often CCOs get feedback from exit surveys, and because the athlete has left it can be difficult to know what to do with that information.

If it is very negative and suggests poor practice in the club, it would be a good idea to note this on the CMT and have a discussion with me. It is not something that can be ignored and it maybe the view of the individual who has left, and this has never been resolved for them. E.g. you have heard me use the analogy of a coach who shouts to be heard above the noise of the pool – for some young people this will have no effect on them, BUT for other young people this may be very upsetting – and this needs addressing with them. If a situation has been allowed to continue without being brought to the club’s attention or dealt with – very often a young person leaving is the result.

SWIM IRELAND | Youth Development **Case Study**

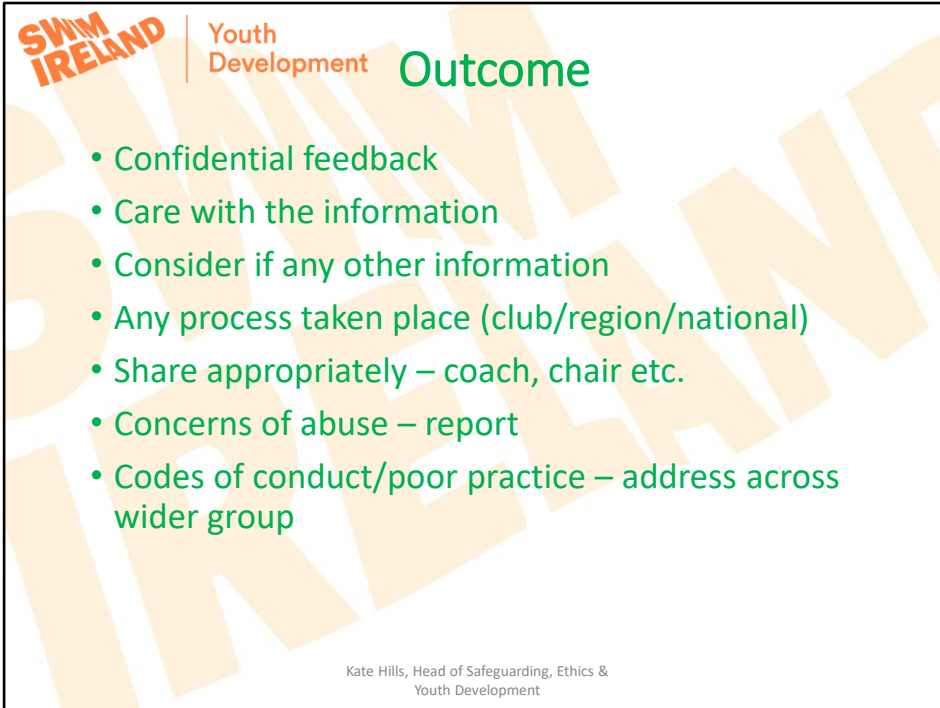
A – difficulty in changing rooms; felt picked on and isolated; spoke with coach and nothing was done.

P – spoke with chair about issues with athlete selections, chair indicated they had no control over the criteria, it was just how it was.

A – wanted more fun in sessions, found it boring and repetitive, no interest and decided to take up another sport.

Kate Hills, Head of Safeguarding, Ethics & Youth Development

These are the case studies we discussed.

A presentation slide for SWIM IRELAND Youth Development. The slide features the organization's logo in the top left, the title 'Outcome' in green, and a bulleted list of seven points in green. At the bottom, it identifies the speaker as Kate Hills, Head of Safeguarding, Ethics & Youth Development. A large, faint watermark reading 'SWIM IRELAND' is visible across the background of the slide.

SWIM IRELAND | Youth Development **Outcome**

- Confidential feedback
- Care with the information
- Consider if any other information
- Any process taken place (club/region/national)
- Share appropriately – coach, chair etc.
- Concerns of abuse – report
- Codes of conduct/poor practice – address across wider group

Kate Hills, Head of Safeguarding, Ethics & Youth Development

Outline considerations for information received from an exit survey; really important it is handled sensitively and confidentially.

If necessary record the survey findings on the CMT – it should not be shared with the committee or any other person in the club; if you are concerned speak with either the Support Officer or me.

Working with YP



Topic: **Building a team**

Workshop or Captains to run Q&A session

Safe space	Choose a safe space to gather the squad, or ask Captains to arrange
Have a voice	Split into groups; suggested questions: What type of situations help you by being part of a team? How can the club help support this? Suggest ways to bring a team together?
Audience	CCO to collate the responses Check back with the squad – to confirm understanding Bring suggestions to committee/coach to propose actions Respond to young people with outcomes
Influence	Inform coach Inform committee Inform parent/carers

Kate Hills, Head of Safeguarding, Ethics & Youth Development

On the theme of team building – this is a good way for CCOs to interact with the squads and get to know the athletes.

If appropriate it is one of the few sessions that coaches can be included, as long as the issues being addressed are not involving the coach(es); having the coaches there for discussing the outcomes can be useful.



Youth
Development

Dates

CCO Forum Eleven:

Wednesday 20th November 7pm – 8pm

Thursday 21st November 1pm – 2pm

Safeguarding Training:
None scheduled until 2025

CMT

Need to update the contacts

Add **CMT** in chat (have quite a few from last time!)

Would you like a refresher on using CMT?

Kate Hills, Head of Safeguarding, Ethics &
Youth Development

Dates for future.