

Sign Out Youth Café

Portumna Sign Out Youth Co in partnership with Co Galway VEC was formed in June '08. By setting up this purpose built youth facility and all weather pitch, we are providing a safe and comfortable place for our young people to gather. They get to choose the activities, be part of the team, have fun, while socialising amongst their own age group. Team building, organisational abilities and effective communication skills are qualities that will stand to our young people for the rest of their lives.

As part of our Autumn/Winter programme we are offering workshops/training for both **adults and young** people in Sign Out's relaxed environment.

Youth Cafe open every Fri from 7pm – 9.30pm

All Weather Pitch

Sign Out 5 A-Side All Weather Pitch is available to hire at an hourly rate to groups, individuals, clubs and is an ideal venue for Birthday Parties & Competitions. For further details/times and RECESSIO BUSTER Offers contact Tony @ 086 2051346

Sign Out Soccer Tournament - 25/26 Sept

Sign Out Soccer tournament is open to all teams from pubs - clubs - Firms - one off teams formed by pals - and the entry fee is €20 per man. Teams consist of seven players (5 Players + 2 subs) who may interchange at any time. Great prizes to be won. Pitch available for practice sessions all year round. For further information and to enter contact Tony at 086 2051346

Regular Events/Workshops

- Sign Out Youth Cafe open every Fri 7pm to 9.30pm, for all 15 to 18 year olds
- Portumna Youth Club – Thursdays 7.30pm to 9pm, for all 1st to 3rd Years.
- Sign Out Teenage Readers Club - 2nd Monday monthly – 7pm to 7.45pm
- Sign Out Teenage Film Club - 1st Wed monthly
- Sign Out R.O.C. (recreation, opportunities, creativity) Club – bi-monthly meetings
- Voice Training & Singing Thur @ 4.30pm
- Health and Beauty Evening
- Games Evenings
- Team Building
- Healthy Eating for Teens
- Portumna Youth Democracy Group
- Comhairle na nÓg
- Sign Out Folk Choir
- Radio & DJ Workshop
- Sign Out Open Mic Night

Sign Out Youth Project is run on a voluntary basis, providing an alternative for our youth to the 'pub culture'. If you would like to be part of this exciting Community Youth Facility and have a few hours to spare, we would be delighted to hear from you.

Phone Susan at 087 6779267

Email: youthsignout@gmail.com



Sign Out

Youth Project

Autumn/Winter Brochure

**Portumna Sign Out Youth Co Ltd
partnership Co Galway VEC
Co Galway VEC
St Brigids Road
Portumna**

Phone 087 6779267

[Email: youthsignout@gmail.com](mailto:youthsignout@gmail.com)

www.signout.ie

Pitch Bookings 086 2051346

Sign Out Youth Project Office

Opening Hours:

Tuesday 10.00am to 12.30pm

Wednesday 10:00am to 12:30pm

Thai & Asian Cookery Demonstration

An evening not to be missed will take place in the Shannon Oaks Hotel with chefs from the award winning restaurant KOH, Millennium Walkway, Dublin, on Wed 4th Nov. Cheese & Wine Reception. **Tickets €10**

Hiphop & DJ Technology Workshop

Facilitated by John Lillis

- Brief history of dj culture and hip-hop
- Basic music theory and equipment set-up
- Demonstrations of sampling, beat-boxing, MC-ing, Dj-ing, scratching.
- Demonstrations of looping, sampling, software (Serato Scratch, Cubase & MIDI)
- Class Participation and improver session

Sun 20th Sept 1.30 to 3pm. Age 11+ Cost

€10. Funded by Galway County Council Arts Grant

Leadership & Committee Skills for Teenagers (5 evenings)

Facilitated by Flan Spaight (MA)

Course Content

- Team Building & Organisational Skills
- Programme Planning
- Effective Planning
- Dynamics of Group Work
- Effective Communication & Listening Skills

Commencing Tues 29th Sept. Cost €10

A Certificate of attendance will be presented to each participant on completion.

Funded by Galway Rural Development

One Day English Revision Classes

Tutor John Connelly B.A. H. Dip in ED.

Seminar 1: Comparative Study

Sun 8th Nov. From 10am to 3.30pm.

Cost: €50

Seminar 2: The Irish Poets (Date to be decided.)

Places limited, early booking essential.

Digital Photography Workshop

Facilitated by Mark Conroy (MA, PGDE)

Introduction to Digital Photography

- Organising your photos
- Close-up photography
- Black and White photography
- Image editing - cropping
- Image editing - brightening and darkening
- Image editing - adding something from one image to another (text or people, etc.)

Two courses will be run, over 5 nights

Commencing Wed 23rd Sept & Mon 28th.

Cost €50

Places are limited, so get your name down as soon as possible. Funded by Galway County Council

Code of Ethics & Good Practice for Children's Sport

This two night course, for adults, is hosted by County Galway Local Sports Partnership. And is open to all clubs, groups and individuals. Participants are reminded that this is an awareness course and each participant will receive a certificate of attendance on their second night.

Mon 2nd & 9th Nov from 7.30 to 9pm. Cost €15

Enquiries to Susan 087 6779267 or 086 2051346. Completed application forms can be returned to Portumna Sign Out Youth Project. Early booking essential to secure a place for all workshops.

Graphic Design Workshop

Facilitated by Mark Conroy (MA, PGDE)

Introduction to Graphic Design

- Creating a brochure layout
- Creating a poster layout
- Using background images
- Working with text

Wed 11th Nov. Cost €25

Two courses – Adults & Teens

Again, places are limited, so get your name down early.

Website Design Workshop

Facilitated by Mark Conroy (MA, PGDE)

**Introduction to Website Design
2 Sessions - Adults & Teens**

- Setting up a one page site
- Using images
- Linking pages
- Setting up a five page site
- Publishing website to the web

Dates to be decided Cost €50

Voice Training & Singing Workshop

Tutor Treeny Canning (B.Mus)

Introductory Class & Ear Test Thurs 1st October @ 4.30pm.

Cost €5





Application Form

Name _____

Address _____

Contact Number _____

email address _____

Course Name _____

Please return completed form with course fee to:

Susan Royston
Portumna Sign Out Youth Project
St Grigids Road
Portumna
Co Galway

Phone: 087 6779267

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