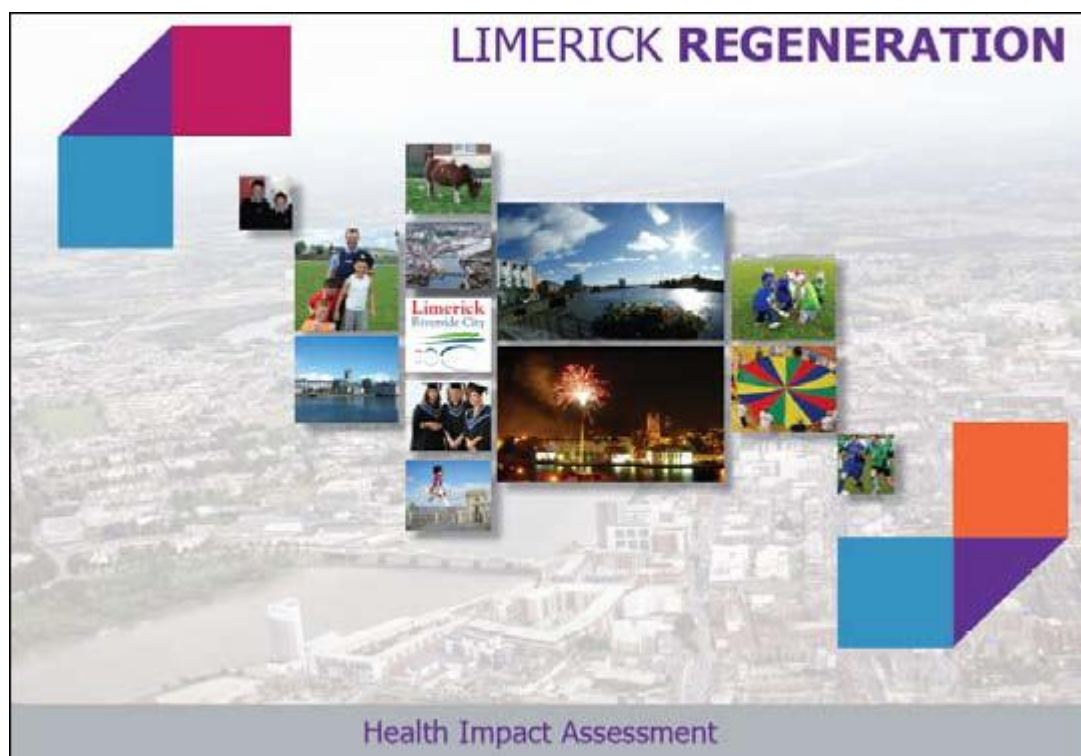


*'Nihil Nisi Labore' – 'Nothing Achieved Without Effort'*

2008

# Health Impact Assessment on the Development of Integrated Youth Space(s)



Limerick Health Promotion  
Health Service Executive

***43% of the population in the Regeneration Areas are under 24 years of age,  
0-14 year olds make up 26% of the population,  
with 15-24 year olds making up 17%***

*There is a need for an increase in the out-of-school hours diversionary service for all children and youth in the areas, with the proposed youth resource spaces acting as the hub. There will be a focus on increased integration of services in this sector and the development of evidence based quality assured provision.*

*All the relevant state and voluntary agencies will be actively involved. This is in addition to the provision of quality play, sport and arts spaces. It is fully realised that a significant amount of development work is required to build capacity in the communities to take responsibility for these activities.*

Limerick Regeneration Programme 2009-2018

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# Background to the Health Impact Assessment

## Our shared responsibility for health

It has become a widely accepted fact that people's opportunities for health are strongly influenced by the social cultural, economic and environmental conditions in which they live. Health is not dependent on individual lifestyle factors alone but on a broader range of determinants such as housing, transport, community safety, social cohesion as well as education and employment opportunities as indicated in figure 1 below. While the opportunity to influence many of these factors lies outside the health care sector building greater awareness of the impact of projects, policies and programmes on individual health is essential for the improved health of our community. The Limerick Regeneration Agency have committed to looking at all these factors in partnership with all key stakeholders and therefore have the potential to have a significant impact on the health of these communities. To support this process the Health Service Executive has agreed to undertake a Health Impact Assessment on all proposed plans for regeneration.

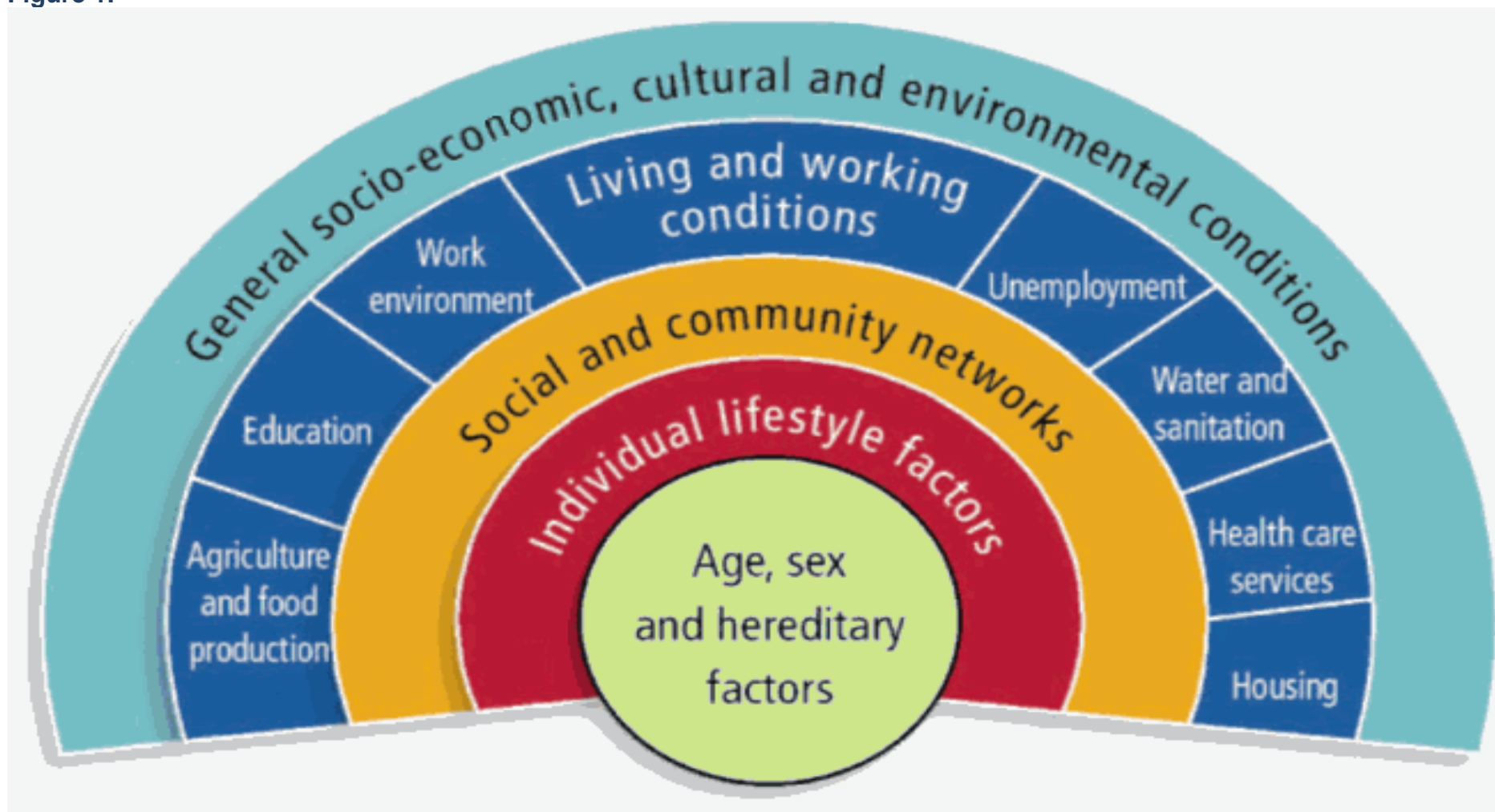
## What is a Health Impact Assessment?

A Health Impact Assessment allows us to take a close look at the potential of any project, policy or programme to positively or negatively impact the health of the target group in question. By building a picture of potential positive and negative health impacts the correct steps can be made to maximise opportunities to improve health and protect against health damaging impacts.

'Health Impact Assessment (HIA) is commonly defined as a combination of procedures, methods and tools by which a project, policy or programme may be judged as to its potential effects on the health of a population, and the distribution of those effects within the population. It is designed to inform and influence decision-making and to reduce health inequalities'.

*(Gothenburg Consensus, 1999).*

Figure 1.



## Acknowledgments

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# Chapter 1

# The HIA Process

# **Stages of a Health Impact Assessment**

## **Screening**

Screening determines whether or not to undertake a HIA

## **Scoping**

Scoping sets the boundaries and terms of reference for the HIA

## **Appraisal**

Appraisal involves gathering the evidence and identifying the positive and negative health impacts associated with the policy, programme or project.

## **Recommendations**

Recommendations are formed based on the identified health impacts and the evidence from the literature

## **Monitoring and Evaluation**

Monitoring and evaluation will involve examining the impact of the HIA on the decision making process of key stakeholders and where possible identifying its contribution to positive health outcomes.

## The Health Impact Assessment Process

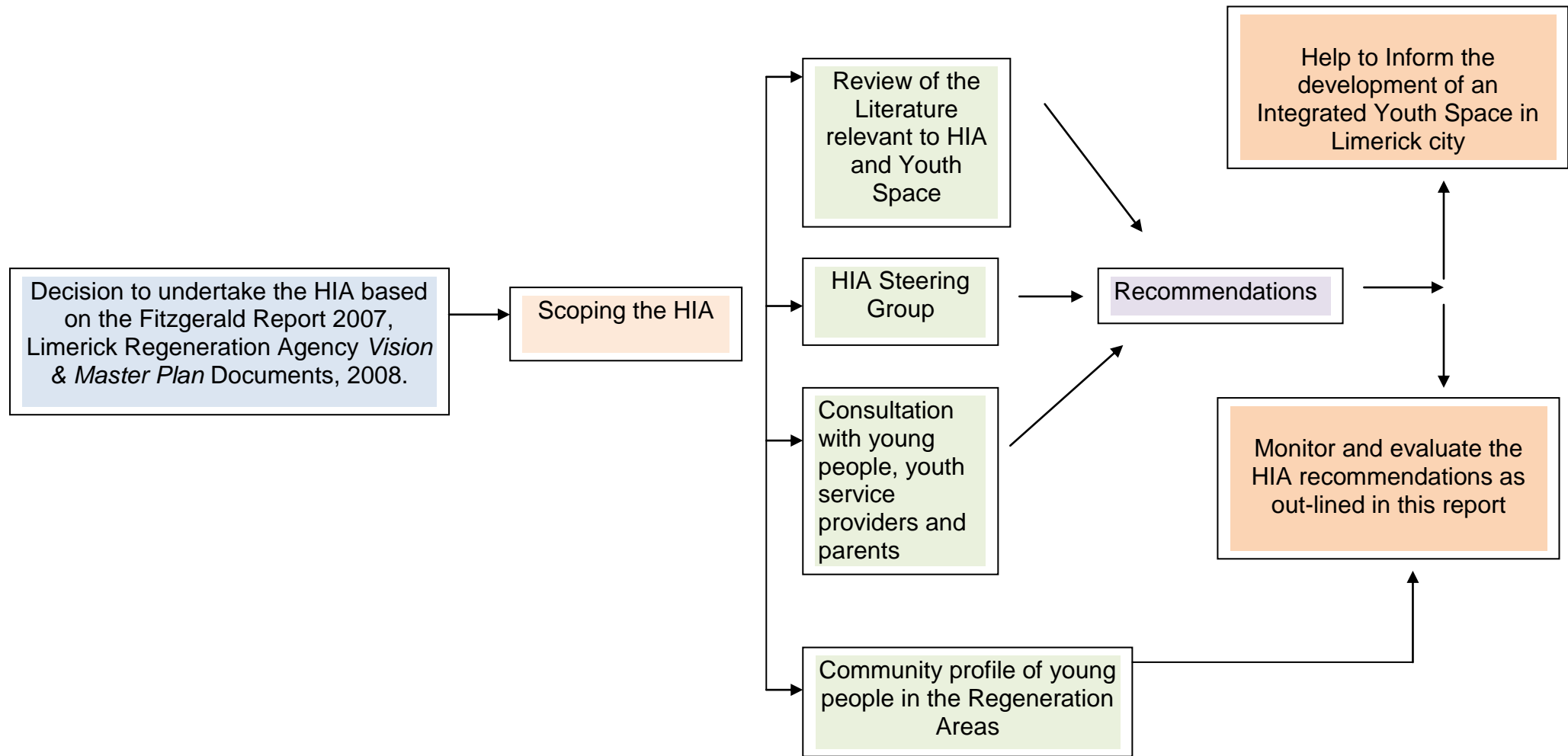
**Screening** – The Limerick Regeneration Vision Document 2008 suggests that most young people spend 15% of their time in school, leaving many young people with a lot of spare time on their hands. Sadly the current environment is not always conducive to positive personal and social development outside of school hours. Youth safety is often at risk owing to anti social behaviour, intimidation and violence within the areas. The Vision document suggests that young people felt that youth services were hard to reach while the youth services themselves felt invisible. This reported inaccessibility and lack of engagement be it perceived or actual has not helped to maximise the safety of young people and to reduce involvement in anti social behaviour, despite the very deliberate and meaningful attempts by youth services to do so. Meanwhile some young people are described as ‘prisoners in their own home’ as parents are too concerned for their safety to let them socialise locally. It is the combination of all these factors that pointed regeneration towards the development of an integrated youth space that would act as a hub for youth services, a space that was safe and inclusive of all young people. While maximising the potential to positively influence the health of young people in the regeneration area. Subsequently it was decided to conduct a Health Impact Assessment on the concept of an Integrated Youth Space

**Scoping** – As this was the second HIA within Limerick Regeneration HIA process the original Terms of Reference identified by the HIA steering group were carried as were the agreed HIA principles and values (Participation, Partnership, Inclusion, Transparency, Honesty, Democracy , Sustainability, Respect for the knowledge within the community , Ethical use of evidence).

**Appraisal** – Data gathered during this HIA process, attempted to assess the health impacts of an Integrated Youth Space from a number of perspectives: the HIA working group, consultation with young people, consultation youth service providers and parents, a literature review and community profile.

**Recommendations** – Recommendations that were repeated on several occasions were seen to be appropriate and were agreed by the steering group, other approved recommendations were based on reference to supporting literature and by agreement from the steering group.

**Monitoring and Evaluation** –. The recommendations from this report will provide guidelines for the Regeneration Agency and Youth Service Providers in the development of an integrated Youth Space but also support greater interagency work between all stakeholders including young people. The implementation and outcome of these recommendations will be reviewed every 12 months between Limerick Health Promotion and The Regeneration Agency.



# Chapter 2

# Community Profile

## Limerick Community Profile – Youth Focus

The following information has been taken from the HSE Community Profiles of the areas of Southill, Ballinacurra Weston, Moyross and St. Mary's Park. The following details were seen as indicators of health disadvantage and have been reflected in the recommendations identified below.

### **Deprivation Score**

All Limerick Regeneration Areas profiled rated 10 on the deprivation scale, 10 being the most disadvantaged areas in the state.

### **Population Profile**

43% of the population in the regeneration areas are under 24 years of age, 0 -14 year olds make up 26% of the population with 15 – 24 year olds making up 17%.

### **Transport**

56% of households in the Limerick Regeneration Areas do not own a car.

### **Employment opportunities**

On average, 35% of the people who live in these areas are currently in employment compared to 57% of the people in the state. According to the Census 2006, it has been recorded that 11% of the Regeneration Areas are unemployed while 10% of the State is unemployed.

### **Early School Leavers**

In the Regeneration Areas, 44% left education aged 15 years or younger. In the State, 17% were early school leavers at the same time.

### **Education linked to employment**

On average in these estates, 25% of the people who stopped their education at primary level are now in employment with 15% unemployed. In the State, figures show that 29% are now in employment that left school at the same time and 6% are unemployed. On average in these estates, 43% of the people who ceased their education at lower secondary level are now in employment with 18% unemployed. In the State, figures show that 59% are now in employment that left school at the same time and 6% are unemployed.

### **Access to Computers and Internet**

In the Regeneration Areas, on average 32% of households have a PC and internet where 56% of households in the State have a computer and internet.

### **Lone parent families**

There is an average of 46 % of lone parent's families in the Regeneration Areas while there is 18% of lone parent families in the State.

### **Young people and Disabilities**

In the Regeneration Areas, there is an average of 11 % of children between 0-14 years of age with a disability compared to 8% of children of the State in the same age bracket.

There is an average of 7% of youth between the ages of 15-24 with a disability in the Regeneration communities while it's 7% of youth in the State in the same age bracket.

### **Children from lone parent families**

In the communities named above, 54.5% of children in the 2006 Census came from lone parent families where 21% of children in the State came from lone parent families.

### **Young mothers under 24 years of age**

In the 2006 Census, it was found that:

- 2% of mothers from the Regeneration Areas fell under the age of 16 years,
- 13% of mothers from the Regeneration Areas were between 17-19 years of age,
- And 28% of mothers from the Regeneration Areas were between 20-24 years of age.

In the same Census, it was found that:

- 0.4% of mothers from the Mid West Area fell under the age of 16 years,
- 3.5% of mothers from the Mid West Area were between 17-19 years of age,
- And 13 % of mothers from the Mid West Area were between 20-24 years of age.

# Chapter 4

# HIA Literature

# Review

### 3.1 Youth Participation

Positive Health Impacts	Negative Health Impacts
<p><b>Youth Participation</b> produces positive psychosocial results such as enhanced sense of efficacy and civic competence, and experiential education and skills development. There is very little in the service learning literature to suggest possible negative impacts on youth (Checkoway, Pothukuchi and Finn 1995)</p> <p>The following benefits were also cited in Frank (2006) literature:            Knowledge and skills:</p> <ul style="list-style-type: none"> <li>• Learned about the local community and environment (Sutton and Kemp 2002, Schwab 1997)</li> <li>• Learned how to create community change (Checkoway and Richards-Schuster 2003, Sutton and Kemp 2002)</li> <li>• Developed Planning Skills (Checkoway and Richards- Schuster 2003, Sutton and Kemp 2002)</li> </ul> <p>Attitude and Behaviours</p> <ul style="list-style-type: none"> <li>• Become more confident and assertive (Salvadori 1997, Schwab 1997)</li> <li>• Developed enthusiasm for planning and community participation (Corsi 2002, Sutton and Kemp 2002)</li> </ul> <p>Participation may benefit individual health by enhancing one's sense of empowerment and self-efficacy (Ben Cave et al 2004)</p> <p>Participation differs from consultation as the latter gives people an opportunity only to inform decision making and planning...Participation gives communities an opportunity to</p>	<p><b>Youth Participation</b> -Where youth are not listened to they can become frustrated by lack of adult responsiveness (Alparone and Rissotto 2001, Corsi 2002, Horelli and Kaaja 2002)</p>

influence and participate in the decisions that affect them and to have their views acted on...As a result policies and services intended to tackle poverty and inequality are much more likely to work if the people and communities they are designed for are involved in their planning and implementation (Combat Poverty 2005)

People are more likely to take control of their health if they feel they are in control of other aspects of their lives (Ben Cave 2004)

Higher levels of trust and participation in a community are related to the degree of equity and income distribution and to population health outcomes(Ben Cave 2004)

Health benefits include hopefulness, enjoyment, increased confidence, enhanced sense of esteem and control (Ben Cave 2004).

Social participation involving vulnerable and excluded groups should seek the empowerment of those groups, increasing their effective control over decisions that influence their health and life quality (Combat Poverty 2005)

Benefits of community participation: Improved and more relevant policies to address health inequalities; The anticipation of problems at a design stage; Services which are more responsive to the needs of the community; Equitable and inclusive services which help to address social exclusion and poverty; Increased resources as services are more cost effective and; Services becoming more accountable to the communities they operate in and for (WHO 2003).

<p>Belonging to a social network of communication and mutual obligation makes people feel cared for, loved, esteemed and valued (WHO 2003).</p>	
	<p><b>Discrimination</b> - Gunilla Krantz has drawn together previous research in the discrimination and health field by pointing to correlations in a number of different forms, such as physical and mental symptoms... mental ill health, violent behaviour, experiences of discrimination and unfair treatment, suicidal thoughts and alcohol habits and also physiological factors such as high blood pressure, a higher pulse rate, higher levels of cortisol in urine, and also the consumption of health service facilities (Cited by Swedish National Institute for Public health 2006)</p>
	<p>Negative media - This particular paper illustrates how negative media leads to destructive stereotypical images of youth (Kelly 2006)</p>

### 3.2 Integrated Youth Space and the Built Environment

<p><b>Positive Health Impacts</b></p>	<p><b>Negative Health Impacts</b></p>
	<p><b>Youth Space</b> - This textual analysis suggests that space on its own without consideration of strategies to tackle broader socio cultural determinants of health is ineffective (Fusco 2007)</p> <p>PLAY geographies cannot be considered apart from socio-cultural determinants of health (Fusco 2007)</p>
<p><b>Connectivity</b> - Barton and Tsourou recommend a permeable pedestrian and cycling environment as a policy objective for healthy urban planning in order to promote accessibility and</p>	

<p>increase the potential for social contact, interaction and cohesion (Barton and Tsource 2000)</p> <p>The World Health Organization (WHO) recommends the creation of a dense network of footways to link all main activities and public transport facilities to ensure safety, directness, ease of use, especially for people who are less mobile and the provision of an attractive and secure pedestrian environment (WHO 1997)</p> <p>In addition, WHO recommends the creation of a comprehensive network of convenient cycle routes and the development of a safer cycling environment. (WHO 1997).</p>	
<p><b>Safety</b> - Well lit pavements show crime reduction effects and increase confidence of residents at night-time (IPHI 2006)</p>	<p><b>Safety</b> - If the space is not perceived to be safe it will be associated with crime or the fear of crime, outside parks, graffiti and vandalism are disproportionately found in disadvantaged areas causing harm to health (IPHI 2006)</p> <p>Lower neighbourhood safety and social disorder were significantly associated with less activity. It is proposed that an important mechanism for reduced physical activity among youth may be the influence of unsafe neighbourhoods (IPHI 2006)</p>
<p><b>Crime and anti-social behaviour</b> - If local people, particularly young people, are involved in the design phase then this may help to ensure a sense of public ownership. Whilst risk-taking behaviour may not be eradicated, good planning could reduce behaviours that are particularly unacceptable to local people (Elliott and Williams 2002)</p>	<p><b>Crime and anti-social behaviour</b> are more likely to occur if</p> <ol style="list-style-type: none"> <li>1. Buildings and private and communal spaces have a large number of sides exposed to the public realm;</li> <li>2. The way that buildings, streets and spaces are laid out allow criminals to move around and operate undetected;</li> <li>3. A place tends to bring together people who are likely to offend and suitable targets;</li> <li>4. Capable guardians are not present;</li> </ol>

	<p>5. Places become derelict and underused;  6. Under-and unused buildings and spaces that have become vulnerable to crime are not remodelled or removed</p> <p>Office of the Deputy Prime minister (2004)</p>
	<p><b>Smoke free Policy</b> Without a smoke free policy: current range of available air conditioning technologies is ineffective in removing the risk of ETS (Environmental Tobacco Smoke) to health (OTC 2002)</p> <p>ETS causes lung cancer, heart disease and respiratory problems in adult and children (OTC 2002)</p>

### 3.3 Youth Activity

Positive Health Impacts	Negative Health Impacts
<p><b>Parental Endorsement</b> -Evidence would suggest that poor attendance of youth in a youth program can be due to family restrictions Perkins et al (2007). However parent endorsement of youth programs has been shown to be associated with greater participation (Fletcher, Elder and Meko's 2000)</p>	
<p><b>Youth Programmes</b> - Youth development programs that increase participants' sense of entitlement to higher education or employment through various initiatives such as preparation support for tests, supporting applications for college or scholarships have been viewed favourably in individual evaluations (Nicholson, Collins &amp; Holmer 2004).</p> <p>Interventions for adolescents that have been rigorously</p>	<p><b>Youth Programmes</b> -Youth activities that lack structure and skill building aims appear to attract high risk adolescents and the resulting social environment is conducive to the development of anti social behaviour (Mahoney, Stattin, Lord 2004)</p> <p>Youth Programmes are generally under-theorised, failing to provide an explicit model of how and why change was to be brought about. The danger for these programmes is that they</p>

<p>evaluated in other contexts to reduce risky behaviours such as substance use are appropriate for use in after-school contexts, as long as they are designed to comply with setting constraints and are tailored to the developmental needs and cultural characteristics of participants (Kraemer Tebes et al 2007).</p>	<p>will be perceived to fail to deliver and despite their promise, will become the latest 'silver bullet' to be talked up and then cast aside (Newburn &amp; Shiner 2006)</p>
<p><b>Sport</b> - Work with young people perceived to be 'at risk' has often used sport and outdoor adventure as a mechanism to enhance self-esteem, develop skills and foster relationships between young people and adults (Jeffs and Smith 1990 cited in Coleman &amp; Hendry 2002)</p> <p>Sport is an activity which is socially approved and can provide self-control, sensation-seeking and peer approval (Coleman &amp; Hendry 2002)</p> <p>Casual fun-orientated sports can be popular, especially with young women, when there is more focus on sociability, enjoyment and competence rather than on competition. For instance, Kloep (1998) found that the only sports activity with increasing participation among girls was jazz dance. Hence it may be important to stress the idea of 'sport as leisure' rather than as a competitive activity, and – especially for girls – as a vehicle for social interaction and fun (Coleman &amp; Hendry 2002)</p> <p>According to the World Health Organisation (2006) a strong body of scientific evidence supports these findings suggesting that regular physical activity can have the following impact on our health:</p> <ul style="list-style-type: none"> <li>• reduces the risk of dying prematurely, reduces the risk of dying from heart disease or stroke, which are responsible for one-third of all deaths</li> </ul>	<p><b>Sport</b> - The Limerick City Sports Partnership records (2005) suggested that the female membership in sports clubs around the city was very low at only 19%. In 2005 the Irish Sports Council who has also recognised poor participation of women in Irish Sport (Task Force Report on Women in Sport 2003) actively encouraged initiatives that supported the development of work in the area</p> <p>Youth programmes which aim to reduce levels of crime, delinquency and drug use through sports, because of poor evaluation have not been proven to have had any effect on the levels of criminal behaviour or drug use. While the anecdotal evidence might suggest otherwise the lack of evidence places a question over the value of the programme versus its impact</p>

- reduces the risk of developing heart disease or colon cancer by up to 50%
- reduces the risk of developing type II diabetes by up to 50%
- helps to prevent / reduce hypertension, which affects one-fifth of the world's adult population
- helps to prevent / reduce osteoporosis, reducing the risk of hip fracture by up to 50% in women
- reduces the risk of developing lower back pain
- promotes psychological well-being, reduces stress, anxiety and feelings of depression and loneliness
- helps prevent or control risky behaviour, especially among children and young people, for example tobacco, alcohol or other substance use, unhealthy diet or violence
- helps control weight and lower the risk of becoming obese by 50% compared to people with sedentary lifestyles
- helps build and maintain healthy bones, muscles, and joints and makes people with chronic, disabling conditions improve their stamina
- can help in the management of painful conditions, like back pain or knee pain

<p><b>Video games</b> - Boys use games to experience fantasies of power and fame, to explore and master what they perceive as exciting and realistic environments (but distinct from real life), to work through angry feelings or relieve stress, and as social tools. Olsen et al 2008.</p>	<p><b>Video Games –</b></p> <p>A number of studies cited in Brenick et al (2004) have shown that playing violent video games leads to increases in physiological arousal, aggressive thoughts (Calvert &amp; Tan, 1994), aggressive behaviours (Anderson &amp; Murphy, 2003; Gentile, Lynch, Linder and Walsh, 2004), and aggressive affect (Bensley &amp; Van Eenwyk, 2001), as well as to decrease in prosocial behaviours and empathy (Anderson &amp; Bushman, 2001; Funk, Buchman, Jenks &amp; Bechtoldt, 2003). It is interesting that players are often not aware of some of these consequences, such as physiological desensitization in response to real-life aggression (see Carnagey &amp; Anderson, 2004; Funk, 2005)</p> <p>Players with more long-term exposure to violent video games were found to have lower empathy and more positive attitudes toward violence (Funk, Baldacci, Pasold, &amp; Baumgardner, 2004; Funk et al., 2003), slower response times when helping a victim of violence, and decreased arousal to previously upsetting stimuli (see Carnagey &amp; Anderson, 2004; Funk, 2005) than those with less exposure to the games. All cited in Brenick et al (2007)</p> <p>Findings indicate that male and high-frequency players may not only show increases in aggressive outcomes resulting from playing violent video games but also be more accepting of such increases in aggression Brenick et al (2007)</p>
<p><b>Leadership Programmes</b> -Results of evaluation research revealed that not only do leadership program providers view these programs as successful, but the participants themselves perceive the programs to have short and long term favourable</p>	

<p>outcomes (Nicholson, Collins &amp; Holmer 2004).</p> <p>For most older youth it is gratifying to know they are trusted with responsibility for younger participants. For some it becomes a career path into teaching, coaching or professional youth work. (Nicholson, Collins &amp; Holmer 2004).</p> <p>It is assumed that by setting and achieving challenges at the optimum level, young people will develop skills, self-discipline and the ability to make appropriate decisions, as well as a sense of responsibility and leadership.</p>	
<p><b>Youth Volunteerism</b> -The link between altruism and Volunteerism on one hand and the positive mental health of young people on the other hand has been recognised in youth development for decades</p>	
<p><b>Drama</b> has a positive impact on peer interaction and social skills in particular high risk youth (Mc Ardle et al 2002 cited in Daykin et al 2008)</p> <p>There was also strong evidence to suggest that performing arts enhance self confidence and social skills as well as enhanced peer interaction and co-operation (Walsh-Bowers &amp; Basso 1999 cited in Daykin et al 2008)</p> <p>In relation to alcohol, tobacco and illegal drug use, the identified studies reported that drama interventions led to increased resistance to drug use (Nelson &amp; Arthur, 2003 cited in Daykin et al 2008) and significant improvements in children's knowledge about drugs (Starkey Orme, 2001 cited in Daykin et al 2008)</p>	

<p>In terms of broader sexual health there were reports of improved sexual knowledge and changes in attitudes concerning availability and access to contraception following performing arts interventions Lloyd &amp; Lyth 2003 cited in Daykin et al 2008.</p>	
<p><b>Music</b> - Music, and in particular rock music, can give adolescents the possibility to express, be in contact with and share among themselves feelings of anger, rage, grief, longing and psychological disintegration. Music also provides adolescents with opportunities to experience closeness and isolation and to explore their sexual fantasies and feelings (Tervo 2001)</p>	
<p><b>Employment Opportunities</b> -Studies of interventions show that opportunities for employment are possibly the most powerful of all interventions in dealing with antisocial behaviour(Evans and Fletcher 2000)</p> <p>As employment is a source of income it has the potential to provide an exit out of poverty. Reducing level of poverty is the most significant way to improve the health of people living in poverty (Daly &amp; Leonard 2002)</p> <p>Employment in itself does not have a significant link to health improvement; but it is the Quality of Work that has the greatest impact (Graetz 1993) Transition from unemployment to 'inadequate' work is unlikely to be beneficial to health (Ben Cave et al 2004)</p>	
<p><b>Media and Information Technology</b> - Youth of all ages use media in conjunction with various information communication technologies (ICTs)-for example, the Internet, instant</p>	

<p>messaging, and e-mail-to communicate with their peers and relatives, to stay current in what matters to them, to shop, to relax, to create personal Web pages, and yes, to complete homework assignments, among other things (Alvermann 2004)</p>	
<p><b>Youth Café</b> -The experience of Community Cafés in Glasgow is shown to provide greater access and availability to healthier food to their local populations than in the past. In addition, the food is affordable and there is an increasing awareness of the importance of nutrition and of eating healthier food (Simons et al 2004)</p>	

### 3.4 Youth Living with Crime

<b>Positive Health Impacts</b>	<b>Negative Health Impacts</b>
<p>In studies looking at teen participation in youth clubs/ centres one of the main reasons for participation in disadvantage areas (e.g. high rates of unemployment, crime, violence and lack of access to affordable housing and health services) is that they provide safe and alternative spaces for youth (Perkins et al 2007)</p>	<p>Although only a small proportion of all recorded crime, may result in physical injuries, including fractures, bruises and wounds to limbs and to the face and head, and infection with sexually transmitted diseases. Psychological impacts, including Post-Traumatic Stress Disorder (Cohen &amp; Miller 1998, Norris &amp; Kaniasty 1994)</p> <p>Both the experience of victimisation and anxiety or fear of crime were shown to impact upon health through 'symptoms' such as stress, sleeping difficulties, loss of appetite, depression, loss of confidence and health harming 'coping mechanisms' (e.g. smoking, alcohol). Similar relationships described as 'detrimental emotional impacts' have been identified in the British Crime Survey (Simmons 2002)</p>

Crime has a negative impact on the behaviour both of victims of crime and non-victims. These behaviour changes, particularly avoidance behaviour (e.g. staying in after dark, avoiding certain areas, travelling by different means), were common to all respondents. Particular defence mechanisms were often different for different groups, for example, young people felt safer in a group of friends; a minority indicated that carrying a weapon increased their sense of personal security (Mc Cabe & Raine 1997)

'Fear of Crime' can profoundly affect the quality of individuals' lives by causing mental distress and social exclusion. It is not necessarily the result of previous victimisation and those most in fear of crime are not necessarily those most vulnerable (Evans & Fletcher 2000)

# **Chapter 5**

# **Consultation**

# **Process & Health**

# **Impacts**

## Consultation Process

During the process of consultation 12 focus groups and 1 interview was conducted with all major stakeholder i.e. Youth, Parents and Service Providers for Youth

Stakeholder Group	Male	Female	Age Group	No.
Southside Training Centre	9	12	16 – 23 yrs	21
Céim ar Chéim Moyross	8	6	16-17	14
St. Mary's Park Youth Club	1	7	14- 17	8
Our Lady of Lourdes Youth Club	5	3	14-17	8
Parents Group Southside	0	3	n/a	3
Parent Southside	0	1	n/a	1
Southill Outreach Project	5	0	16-18	5
Southill Outreach Project	4	0	16-18	4
*Service Providers	n/a		n/a	10
*Service Providers	n/a		n/a	10
*Service Providers	n/a		n/a	10
*Service Providers	n/a		n/a	10
*Service Providers	n/a		n/a	10
<b>Total</b>				<b>114</b>

\* Service providers as named above included representation from the following Service Providers for Youth:

1. Rosbrien School Completion Programme
2. Northside 'We're Ok'
3. St. Marys CDP
4. Northside Learning Hub
5. Queen of Peace Youth Club
6. Limerick Youth Service
7. RAPID
8. St. Munchins/ Mayorstone School Completion Programme
9. Barnardos

10. Southill Outreach Project
11. Health Service Executive
12. YAP Youth Advocacy Project
13. St Munchin's Family Resource Centre
14. Irish Girls Guides
15. Limerick Regeneration Agency
16. Limerick City Development Board
17. PAUL Partnership
18. Corpus Christi Youth Diversion Group
19. Garda Siochána
20. ISPCC
21. City of Limerick VEC
22. Ceim ar Chéim
23. Extern

## Health Impacts

The following section illustrates the health impacts for young people living in the regeneration areas as identified by the various stakeholders ( Young People, Youth Service Providers and Parents).

### Health Impacts of living in the regeneration area as identified by Young People

**P = Positive Health Impacts    N = Negative Health Impacts**

Living in my estate – (through the eyes of Young people)	Relationships	P – People know each other P – People stick together and support each other N – People don't support each other P – Good community spirit N – No community spirit – people are scared P – Help is always near P – near our friends P – some Garda do great work with young people N- Garda look down on us
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		<p>N – Garda presence  N – Feuding families  N – people look down on us – think we are ‘scumbags’  N – Teachers look down on us  N – We look down on teachers</p>
	Security	<p>P – Memories of freedom growing up  P – feel secure  N – Need a bullet proof vest  N – always looking over your shoulder  N – fear for life of family and friends  N – afraid to walk around  N – don’t bring friends back to my home its not safe  N – shooting/killings  N – Not safe for kids  N – Drug dealers  N – Poor media coverage</p>
	Environment	<p>N – no green space to kick ball  N – Illegal dumping on green spaces  N – Rats and rubbish everywhere  P &amp; N – Horses everywhere  N – Drinking on the street/ Drink out of boredom  N - Can’t hang out - Garda watching  N - Nothing to do  N – Community centre open only one night a week (one area)  N – Addicts leave syringes on ground kids can pick them up  N – A lot of Young people – no where for them to go  N – Burnt out houses are used for drug use</p>
	Youth Specific activities	<p>P – Some Garda do good programmes of kids  P – Youth Clubs (In some areas)  P – Summer programmes with youth clubs</p>

		P – Youth exchange programmes P - Dancing in community hall (one area) P & N Soccer if you belong to a club only N – nothing to do after 6pm N – Drink out of boredom N – getting a chase of the Garda can be fun N – Less facilities for girls P – Outreach work – Brilliant N & P Robbing cars – family night out P – Outreach programmes – professional development
	Other	N – Drug use a big problem – friends die from drug use N – Heroin get it anywhere N – Knocking houses is a waste of money

## Relationships

When initially asked most young people saw their communities as close nit, they felt everyone knew each other and you could always ask someone for help. However when explored deeper the closeness of the communities only existed in pockets and for the greater part there was a lot of mistrust, fear and anxiety towards certain parts of the community.

On many occasions over the consultation process young people referred to others perception of them as ‘scumbags’, there was a strong perception that they were viewed differently by society giving examples of their treatment from the Gardai and Teachers. They spoke of challenges in getting job applications accepted because of where they lived. For many the negative portrayal of there communities was unfair and damaging.

## Security

On occasion young people referred to memories of the past as times of happiness and freedom. The majority of youth in these workshops were exposed to some level of crime or affects of crime on a regular basis. There were many expressed feelings of fear be it for themselves of friends and family.

## Environment

Few positive factors about the environment were highlighted. It was clear that illegal dumping and rats were a big concern for young people. Some felt so ashamed that they wouldn't bring home friends from outside the estate. They also explained that there was nothing to do most of the time and no place for them to just hang out without being approached by Gardai. The presence of drugs also brought with it environmental hazards from dirty syringes left around to the use of burnt out houses by addicts to take drugs. In some cases it was noted that drug users from outside the estate would come onto the estate to purchase and take drugs.

## Youth Specific Programmes and Activity

One of the most positive things for youth was the services and clubs for young people. All of the youth identified positive aspects of these services. Many of the programmes gave a place of safety, fun, personal development. As access to many of these clubs and programmes are out of hours is limited and the temptation to drink and get involved in antisocial behaviour becomes greater.

Many would appear to welcome the opportunity to play more soccer however being a member to a club presented a barrier. They felt that facilities for girls were limited.

## P = Positive Health Impacts    N = Negative Health Impacts

### Health Impacts for young people living in the regeneration area as identified by youth service providers.

Youth living in the estates – (Through the eyes of a Youth Service Providers)	Relationships	<p>P – Good family involvement/ Networks</p> <p>P - Good community spirit</p> <p>N – Intimidation limits movement, interaction, socialising – young people cautious of whom they are with</p> <p>N – many negative influences – safety is relative and often dependent upon where allegiances lie/develop</p> <p>N – Hard for young people to be neutral</p>
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		<p>N- the Environment makes it difficult to parent</p> <p>P – Some peer influences have found to be positive – give leadership</p> <p>N – Many fragmented families</p> <p>N – Family support can be ad hoc</p>
	Security	<p>N – Children living in a war zone - like Belfast in the 1970's</p> <p>N – Serious Criminality affecting young people on the estates</p> <p>N – Post traumatic stress disorder becoming more evident following recent escalation of violence and shooting episodes</p> <p>N – Perception of 'normal' very stretched</p> <p>N – Crime is an easy choice</p>
	Environment	<p>P&amp;N Comfortable in their own environment - know the area and how to live there</p> <p>N – Aspirations limited by their environment – how do they see outside it?</p> <p>N – Older Youth engaging in antisocial behaviour are the role models for younger</p> <p>P – Horses</p> <p>P – Local primary schools</p> <p>N – Lack of supervised, structured open space</p>
	Youth Specific Activities	<p>P&amp;N – Good youth work , some connect others don't</p> <p>P – Youth Agencies help with socialising by taking youth out of the area</p> <p>N – Capacity of Youth Services under treat from lack of funding</p> <p>N – Drug prevention interventions – totally inadequate</p> <p>N – nothing available for youth who don't engage in anti-social behaviour</p> <p>N – some youth act up to access paying services</p> <p>N - Some youth won't access services – feel threatened</p>
	Youth - Personal level	<p>N – Dreams for lives are limited</p> <p>N – Day to day existence/ survival leaves no room for long-term planning</p> <p>P – Young people are hopeful and open to challenges</p> <p>N - No freedom young people have to go with the norm</p> <p>N – Complex lives with highs and lows</p> <p>N – fear and loneliness</p> <p>N- High exposure to suicide and death</p>

		N – Live in a culture of intimidations, peer pressure N – Low expectations for self N – Lack of trust N- Negative stigma associated with being from the estates N – Culture of defeatism N – Deal with a lot at a young age
	Other	N- Access to health services N – Decades of exclusion P – Regeneration is seen as offering a new lifeline to the area N – poor employment prospects

### Relationships

Youth service providers recognised that within these communities there are close knit and supportive relationships however the presence of intimidation, bullying and anti- social behaviour has placed a significant strain on the ability of young people to socialise and interact in a manner that supports positive relationships. The presence of gangland feuding often means that the safety of an individual depends on where allegiances lie or develop and to detach oneself or remain neutral is difficult. There is recognition however that there are examples of positive peer relationships within the community.

The constant threat to safety, growing anti-social behaviour, and drug and alcohol use was recognised in the provision of a very challenging environment to raise children. Fragmented families are common and family support for some young people seen as ad hoc.

### Security and the Environment

The environment in which young people within the regeneration area live is described as a war zone, in some cases compared to Belfast in the 1970's. Youth service providers recognise the negative health impacts associated such as post traumatic stress disorder, the common occurrence of antisocial behaviour and crime for some gives and altered perception of what is 'normal' and sadly for many perpetrators are role models for young adults influencing youth to making crime the easy choice for a life path.

### Youth Specific Activities

Overall the view was that most youth services within the regeneration communities were doing good work, it was acknowledged however that funding was an issue that prevents services from reaching their full capacity and feeling under threat. There was an acknowledgement that not all young people were accessing services – the reasons for this varied. Many of the services specifically target at risk youth or those who have already come under the attention of the justice systems. This once again raised the concern that there was nothing available for young people who did not engage in antisocial behaviour.

### Youth – Personal

The health impacts in this section were viewed as secondary to the harsh social environment that these young people live in. The view of service providers was that for a lot of young people within the regeneration life is about surviving – a day to day existence, complex lives giving rise to fear, loneliness, intimidation, peer pressure, lack of trust giving rise to limited expectations and dreams for life. These young people are expected to deal with a lot of hardship at a very young age but despite that there was an open acceptance that young people are hopeful and open to challenges something that youth space could build upon.

Young People living in the estates – Parents view	Relationships	N – As young people get older they are more secretive P – Young People look out and support each other on the whole
	Security	N- Worry about where they are, Want to keep them in all the time P - Young people need a place where they can feel safe
	Environment	N – There is nothing for young people to do N – Stigmatisation associated to where young people live
	Youth Specific Activities	P - A local drama, helped break down barriers within the community, while also opening up new life experiences for parents and young people. N –barriers to arranging events stem from where people are from P – Young People are willing to try out new things N – Peer pressure makes young men less likely to get involved in music, dance or drama N- Kids cant even kick a ball on the road P – Music can provide an opportunity to develop another interest and keep

		them occupied, example of local brass band given
	Being a parent	N – ‘Nerve wrecking’, Worry,
	Education	N – Young People have poor expectations of themselves because its common to leave school early N- Schools have poor expectations for our young people N- Parents and people around them have poor expectations for young people N- Junior cert is seen as enough education for some parents P – I went to college so I expect my children to do the same N – Many young people are written on the day they are born
	Mental Health	N – Concerns that young people are mixing cannabis and retinol - recently 6 cases of psychosis admitted to local acute mental health service N- No bereavement support for young people N – No support for the children of addicts N- Alcohol addiction a big problem within the area
	Young Motherhood	P – Young motherhood in many cases has lead to strong mother, grand mother bonds and supportive relationships (due to closeness in age) P – Young motherhood can be a way out of a destructive environment P young mothers have greater expectations for themselves and there children N- Confidence can be lost having a baby so young, they don’t realise they deserve better things in life. N- no place for young mothers to go and support each other and have time for themselves

### Youth Specific Activities

Parents gave the examples of Drama and Music initiatives happening within the community which made positive contribution to young people’s lives by building confidence, outside interests, and new positive experiences. These initiatives also encouraged the mixing of communities who would not normally work together. .

### Being a Parent

Being a parent within this community was described as 'Nerve wrecking', parents were left to worry about the safety of their young adults when they were not at home, fear of the company they might be keeping or fear for personal safety. In some cases parents felt that their children were like prisoners in their own homes because parents would not let them out for fear of their safety.

### **Education**

Leaving school early was acknowledged as having a negative health impact on the lives of young people, the most common reasons identified were low expectations by the young people themselves, local community and the school system.

### **Mental health**

There was a big concern from parents in regard to the various negative mental health impacts that came with living in the community, mainly stemming from drug and alcohol use or addiction. It was also highlighted that these young people are expected to cope with a lot of death in unnatural circumstances and the need for bereavement support was indicated.

### **Young Motherhood**

The parents (all mothers) spoke of the many positive health impacts of young motherhood, foremost acknowledging that young motherhood was not unusual within the regeneration area. Young motherhood was viewed as a positive gateway from the many difficult and harsh social temptations associated with anti-social behaviour, drugs and alcohol. The age profile of mothers meant that often grandmothers and mothers were very close in age; this too was seen to have a positive influence on the relationships in terms of support and guidance. While young mothers today were viewed to be more confident as parents with greater expectations for their children there was shared concern that many of these mothers had little expectations for themselves. Also the lack of a supportive environment for young mothers to meet and support each other was identified.

# Chapter 6

# Final

# Recommendations

## Final Recommendations

The prospective nature of this Health Impact Assessment has meant it serves two main purposes:

- Identification of what is needed for a successful Integrated Youth Space
- To identify the health impacts of these needs

For the future it is hoped that the Health Impact Assessment Recommendations will be used to inform the development of Integrated Youth Space(s) in the Limerick Regeneration Areas.

- 6.1 Stakeholder Consultation and Participation
- 6.2 Funding Youth Space
- 6.3 The Physical Design and Aesthetics of Youth Space
- 6.4 Management of Youth Space
- 6.5 Integration of young people in Limerick City
- 6.6 Youth Space as a Sanctuary from Crime
- 6.7 Voluntary and Paid Employment in Youth Space
- 6.8 Facilities within Youth Space
- 6.9 Services within Youth Space

## 6.1 Stakeholder Consultation and Participation

## Key Stakeholder(s)

Evidence from the field work and literature strongly supports the importance of meaningful consultation

1. Development of a Communication Strategy specific to youth space that considers a wide variety of methods of communication with the aim of encouraging maximum participation from all stakeholders i.e. young people, parents and service providers for youth. During the HIA consultation process we engaged with many stakeholders including the more hard to reach young people and we would encourage that links are maintained with these groups as a part of the consultation process, while also extending efforts to communicate with the wider youth and parent population. We would also encourage greater participation and consultation with youth from the greater Limerick City area so as to encourage and support the concept of youth integration from the out set.
2. One of the main concerns for young people and parents is the constant negative media coverage of the areas in which they lives the consequences of which they felt lead to discrimination at all levels of their life. As part of a communication strategy, an agreed system for dealing with the media should be considered, with the purpose of maximising positive media coverage on youth space and dealing appropriately with any negative media coverage.
3. Genuine consultation and participation with all young people in the planning and running a youth space is imperative.
4. Youth participation should start immediately in order to give youth the opportunity to buy into the concept of youth space; it should not be assumed that because a Youth Space is open that young people will automatically attend.
5. A key risk with participation is young people feel let down if not listened to. Young people should have an equal say over how consultation and participation should happen..

*Limerick Regeneration Agency in close liaison with CLVEC and RAPID as lead agencies in developing and implementing a City Youth Planning & Implementation Process*

6. Active parental involvement in the management and operation of an integrated youth space should be considered in order to gain parental support. In our focus groups, parents suggest that they would need to know that their young people were safe within the young people space before they would let them attend, this is supported by the research
7. Due to the rich experience and knowledge of service providers for youth, it is important that they are actively encouraged to participate in the consultation, planning and operational phase even if the service in question is not planning to be anchor tenant within the young people space itself

## 6.2 Funding a Integrated Youth Space

### Key Stakeholder (s)

Evidence from the field work and the literature suggest stakeholders should consider the following

1. In order to deliver a service from youth space that will begin to tackle the broader issues in young people's lives it is important that a dedicated operational fund be identified.
2. Comprehensive front line staffing for youth space is key for sustainability of the youth space project, thus human resource funding will be vital to ensure the effectiveness of the space. Caution needs to be exercised when intending to use existing service provider staff at the risk of current services being watered down. Additional staff need to be provided to manage the space.
3. We would also suggest that mainstream funding be sought from the local authority for the maintenance and care of the youth space environment. Also that the local authority be encouraged to engage actively, and from the outset, in the development and management of the youth space.

*Limerick Regeneration Agency to lead in close liaison with Departments of Office for Minister for Children & Youth Affairs, Health, Justice, Community Rural & Gaeltacht Affairs, Environment and local stakeholders*

## 6.3 Physical Design and Aesthetics of Youth Space

## Key Stakeholder (s)

Evidence from the field work and the literatures suggest that stakeholders consider the following

1. Due to concerns regarding gang rivalry within the regeneration areas we would suggest that the location of an Integrated Youth Space needs to be on a Neutral site. A neutral site is seen to encourage greater ownership from all surrounding communities including young people from outside the regeneration areas.
2. Youth space needs to be seen as a friendly space and the use of bars on windows and doors should be avoided with alternative security measures considered.
3. Good community and public transport and connectivity to and from the youth space is essential. Consideration needs to be given to safe walking and cycling routes to and from the youth space. There also needs to be a suitable provision for bus space on site.
4. Safety needs to be considered in design to ensure the risk of anti social behaviour on site is minimised.
5. Integrated Youth space should be seen as a proud space for young people, a place that is highly visible, vibrant and attractive in appearance.
6. Integrated Youth Space should be accessible to other public services.
7. Integrated Youth space needs to be energy efficient in design so as to minimise environmental harm, minimising operational costs and for the purpose of educating young people on energy efficiency.

*Limerick Regeneration Agency in close liaison with land owners, planning authority and local stakeholders*

8. Small spaces suitable for group work/personal development programmes.
9. Designated smoking space should be assigned outside the building to support Tobacco Control legislation.
10. Consider locating near schools and family support services.
11. We would suggest that active and passive spaces be kept separate in order to minimise noise transferring from active to passive spaces.
12. Youth Space needs to meet all disability access requirements of all individuals with sensory and physical impairment, We would suggest 'planning for real' consultation for young people with disabilities to assess the access and ease of movement within the planned building.

## 6.4 Management of Youth Space

Evidence from the field work and the literatures suggest that stakeholders consider the following

**Key Stakeholder (s)**

1. The Youth Space should have an independent board of management consisting of representation of all key stakeholders.
2. Building the capacity of the board of management to function efficiently needs to be considered. Training may need to be offered to stakeholders involved.
3. All activities within youth space whether structured or unstructured should be supervised.
4. All activities should be used as tools to actively encourage engagement in social and personal

*Limerick Regeneration Agency in close liaison with funders and local stakeholders*

development education.

5. Programmes delivered within Youth Space should, where possible, be evidence based and if not should set out to evaluate impact.
6. Having suitably qualified and experienced staff to run programmes within the centre is important in ensuring quality and standards are maintained and programmes are not being undermined.
7. Integrated Youth Space should identify indicators for success from the onset. Both process and outcome evaluation need to be a priority for youth space management.
8. Development of a Drug and Alcohol Free Policy within Youth Space
9. Child protection policies and procedures in place. All staff and volunteers will need to be Garda Vetted
10. An Integrated Youth Space needs to be Accessible; Affordable; Accountable; Available; Active.

## 6.5 Integration of Young People In Limerick City

## Key Stakeholder (s)

Evidence from the field work and the literatures suggest that stakeholders consider the following

1. Given the strong reluctance of youth to mix with other feuding areas of the city. A process of bringing these youth together in a more positive way is essential. Integration of youth should be considered in design of an integrated youth space, sports competitions, and drama. This needs to happen irrespective of whatever services use the youth space and should aim to bring the future communities of Limerick together. This process also needs to start immediately.

*Limerick Regeneration Agency  
in close liaison with local  
stakeholders*

2. Youth space should be for both youth within and outside the regeneration communities.
3. Evidence would suggest that there are youth who will not engage in building based services and so street work or detached youth work services need to be supported to work with this group.

## 6.6 Youth Space as a Sanctuary from Crime

## Key Stakeholder (s)

Evidence from the field work and the literatures suggest that stakeholders consider the following

1. Youth Space should be a sanctuary away from crime and anti social behaviour. This needs to happen so that young people have a safe place to go away from their estates and homes where violence may exist.
2. While there is some recognition from stakeholders for the good work being done by individual Gardaí to build relationships with young people in the regeneration areas, overall there was strong feelings of mistrust and lack of respect. We would suggest that an agreed policy be developed between key stakeholders and the Gardaí on the Gardaí engagement with youth in the youth space and its surrounding area. This policy should aim to build relationships and respect between both sides. Clear boundaries will be needed and a balance struck between supporting young people at their point of need/not condoning certain behaviours

*Limerick Regeneration Agency in close liaison with the Gardaí and local stakeholders*

## 6.7 Voluntary and Paid Employment within Youth Space

## Key Stakeholder (s)

Evidence from the field work and the literatures suggest that stakeholders

### consider the following

1. Youth leadership programmes such as that is Weston Youth Club have demonstrated anecdotal evidence of enhanced confidence, social responsibility in youth leaders. Such programmes should be considered in preparing young people as volunteers in the everyday running and organisation of youth space. We would suggest that this process begins immediately.
2. No former training in Youth Development work currently exist in any of the third level institutes in Limerick though Limerick Youth Services do run a Diploma in Community and Youth Work in University College Cork. We would suggest the idea of providing training locally be explored so that youth leaders who have demonstrated an interest in the area have the opportunity to receive accredited training and gain suitable employment, if they wish. Not all training will need to be accredited.
3. One of the most powerful interventions in combating anti-social behaviour in youth is employment. Youth space should seriously consider local youth employment in the management and running of youth space.
4. Active parental involvement in the management and operation of youth space should be considered in order to gain parental support. In our focus groups parents suggests that they would need to know that their youth were safe within the youth space before they would let them attend, this is supported by the research.

*Education stakeholder in close liaison with local stakeholders*

## 6.8 Facilities within Youth Space

## Key Stakeholder (s)

Evidence from the field work and the literatures suggest that stakeholders consider the following

Following consultation with stakeholders the following suggestions were made regarding facilities within youth space

*Limerick Regeneration Agency in*

- Youth Café
- Small sided all weather pitch/ outdoor green space
- Climbing wall
- Room suitable for big screen for film showings
- Music room (sound proof) suitable for recording and mixing music
- Space for performing arts
- Media room/ Radio station
- Pool and snooker room
- Computer/video games room
- Chill out space
- Car track/ Bike track
- Boxing
- Space for the arts
- Mediation space/ counselling room
- Office space & staff room
- Mechanics workshop
- Gym
- Indoor multipurpose hall (all sports)
- Youth club space
- Beauty salon
- Swimming Pool
- Own transport

*close liaison with funders and local stakeholders*

The stakeholders in the Health Impact Assessment request that the Regeneration Agency consider the following recommendations with respect to facilities within youth space:

1. The majority of facilities mentioned above are likely to have a positive impact on health however further consideration and consultation needs to happen in regard to Car/Bike track due to possible noise pollution to surrounding residence.
2. We would recommend restrictions on the use of violent video games in the video room

however it is important to note that video games can support positive social interaction particularly in young men.

3. The youth café should strive to provide a relaxed environment to support social interaction or passive space, while also ensuring that affordable healthy eating options are made available at all times.
4. All physical activity facilities identified above are likely to have a positive impact on health for those whom participate and there for any of the following are suitable for a youth space: small sided all weather pitch/ outdoor green space, climbing wall, pool, snooker, swimming pool, gym, multi-purpose hall.
5. Variety in relation to physical activity needs to be considered specifically for girls who do not necessarily have the same level of interest in sports as boys. To address the needs of girls in this area activities that are based on sociability and performance activities such as dance, aerobics or bands should be considered.
6. When planning around physical activity it is important to bare the following in mind;  
Factors which determine if a youth from a lower socioeconomic status participates in physical activity are:  
Interpersonal:
  - Time barriers
  - Family obligations
  - Homework
  - Fun
  - Perceived Competence
  - Perceived skillSocial:
  - Friends
  - Adult InvolvementEnvironmental:

- Proximity to home
- Cost
- Facilities
- Safety

7. Given the reported effect that negative media was having on the lives of the youth consulted in this HIA, the development of a media room or radio station should be considered as an opportunity for young people to actively contribute in current affairs through reporting on issues which concern themselves and other youth within the community.
8. The opportunity for young people to participate in performing arts or music should be welcomed both as an opportunity to support social interaction but also for personal and emotional development.

## 6.9 Services within Youth Space

### Key Stakeholder (s)

Evidence from the field work and the literatures suggest that stakeholders consider the following

1. School home services e.g. after school clubs
2. Health and Drug information services should be made available within the youth space.
3. Due to the high level of young single mothers within the regeneration an affordable crèche facility should be made available within youth space.
4. A FÁS information centre and career guidance services should also be made available through

*Funders and local stakeholders*

youth space

It is important to note that this list is not exhaustive but are services that have been identified in the workshops.

# Chapter 7

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