



ANNUAL BAG PACKING EVENT FOR ST.KEVIN'S COLLEGE TRANSITION YEAR STUDENTS 2016.

On Thursday the 20th October and Friday the 21st October the Transition Year students in St. Kevin's College took part in the annual bag packing event for Aware, in Tesco Clearwater, Finglas.

Aware is a voluntary organisation founded in 1989 and supports people whose lives are affected by depression, a debilitating and often hidden illness affecting 450,000 Irish people every year.

Transition Year students in St. Kevin's College have been supporting Aware for over fifteen years. Their support helps Aware continue to provide its support service supportmail@aware.ie, a LoCall Support line 1890 303 302, support groups nationwide and education services Beat the Blues secondary schools education programme and free Life Skills programme.

2016 was an exceptional year for the students in terms of their fundraising effort for Aware.

They took part in the fundraising event for two days. All students helped out on the Thursday and Friday. They gave of their time willingly and many contributed with smiling faces way beyond their allocated time.

The feedback from the organisers was very positive and Gerry O'Brien from Aware called into the store in the afternoons. He commented as to how competitive the boys were and eager to raise as much as they could for the organisation. When the boxes were counted in the coming days, the Transition Year boys raised over **€1370.01** for the organisation.

The Transition Year students have been covering Mental Health topics as part of their R.E. programme. They are waiting to take part in the "Beat the Blues" schools programme which highlights and provides students with basic coping skills so they can deal with life's challenges. The benefit to students receiving the programme is that they will be better equipped to deal with anxiety, stress and depression.

Ultimately, it is through information, education and support that Aware aim to reduce teenage suicide in Ireland.

BAG PACKING AT TESCO CLEARWATER



Following on from the success of Aware's National Appeal Days Bag Pack at Tesco some Transition Year students hope to take part in the 5k or 10k run in the Phoenix Park for Aware on December 10th.



PHOENIX PARK, 10th DECEMBER 2016