



The Transform Project

Meet new People. Achieve. Build a better future.

Mencap's Transform Project

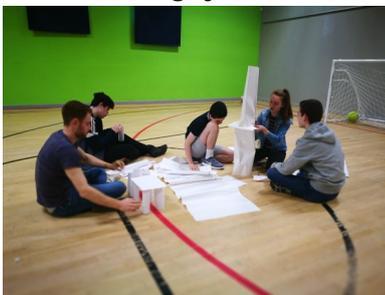
In this quarter the Mencap programme have focused on Personal Success and Well-being, in particular, the importance of physical health and its impact on mental health and well-being, social inclusion, and personal safety.

Both Belfast and Fermanagh Mencap groups have been engaged in a range of activity to build on their relationships with staff and other Transform participants.



BELFAST COHORT:

Mencap have been working with 38 young people in the Belfast project. Young people attended field trips as part of the project. In the Belfast area these have included trips to The Lyric Theatre for the "No surrender production", The Indian Community Centre and The Belfast Synagogue to explore issues of cultural and religious diversity, Kingspan stadium and Windsor Park Football ground. A Belfast bus tour taking in Harland & Wolfe shipyard and the Titanic quarter and the Falls and Shankhill Roads offered the young people a chance to see their city from a different perspective and indeed to see parts of the city they had not visited before. In Belfast, project participants have had coaching sessions with Ulster Rugby, communication workshops.



Transform participants with physical disability to participate more fully in some of the sessions. In Belfast 12 of the young people have completed OCN Level 1 in Personal Success and Well-being.

FERMANAGH COHORT:

In Fermanagh 18 young people are registered on the project. The young people enjoyed a visit to Orchard Acre Farm and the Fermanagh county show to learn about the local agri-food industry and its importance in the culture and life of rural Fermanagh. The also visited St. Michael's, St McCartan's Cathedral and Vineyard Churches to meet clergy and lay people to explore the churches and the work that they do in the local area providing community and social service. The group have also walked to various locations in Enniskillen including the Enniskillen bomb site and memorial. Participants have been trying out team games, walking and weekly sessions at the gym at Lakeland Forum. Workshop sessions on relationships and consent have been delivered by facilitators from the Consent organisation. The young people have also visited the NI Fire Service and have accessed information sessions with the PSNI. The cohort also attended a team building residential at Carrowmena in Limavady. The programme included both outdoor activities and group building exercises that offered the young people a chance to challenge themselves and have a positive shared experience. For many of the young people it offered a first independent trip away from home without their parent/carers.



Both Fermanagh and Belfast cohorts are due to complete Phase 1 at end of October 2018 and have already commenced recruitment for Phase 2 of the project.

For more information on these programmes, please contact:

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An Roinn Leanaí agus Gnóthaí Óige
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