



What is Mencap?

Mencap is the leading voice of learning disability. Everything we do is about valuing and supporting people with a learning disability, and their families and carers.

Our vision is a world where people with a learning disability are valued equally, listened to and included.



An Roinn Leanaí, Comhionannais,
Míchumais, Lánpháirtíochta agus Oige
Department of Children, Equality,
Disability, Integration and Youth



Northern Ireland
Executive

www.northernireland.gov.uk

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Contact Us

Melissa Hanley, Youth Worker
Fermanagh & Bordering Counties

Phone: +44 (0)7920361707

Email: melissa.hanley@mencap.org.uk

Web: www.mencap.org.uk



Helping
Equality
Respecting
Others
Enabling
Success



#beyourownhero



The HEROES Project is a cross-community, cross-border project for young people aged 14-24 years. It is an inclusive project for those with AND without a learning disability, autistic spectrum disorder or learning difficulties.

We aim to bring together young people from different communities and cultural backgrounds and those with different learning abilities.

There are 3 key areas we will focus on:

Personal development: developing the social and emotional or 'soft' skills of the participants. This will be tailored to each young person's individual needs. Each young person will be offered 1:1 mentoring throughout the project.



Citizenship: developing the capacity of participants to make a positive contribution towards their participation in family, community and society. We want young people to feel valued within local communities.



Good relations: contributing to lower levels of community division, sectarianism and racism, and making a positive contribution to reconciliation. Through dance, cookery, arts/crafts etc. we hope to improve young people's awareness to different cultures in their community.



We aim to :-

Promote

- self-esteem and confidence
- teamwork skills
- independence
- resilience and problem solving
- educational achievement
- understanding and acceptance of their own personal identity
- understanding of own and others emotions
- capability to articulate feelings and express themselves in an appropriate way
- opportunities to achieve success
- engagement in their families and local communities
- respect for diversity
- inclusivity

Address

- social isolation
- barriers/negative stereotypes/prejudice
- scapegoating/bullying
- disability discrimination
- racism
- sexism
- homophobia
- poor physical and mental health

We want young people to have FUN, feel safe and have an amazing experience they won't forget!