

HEROES

PROJECT



Edition no. 2
Jan—Dec 2020

The outbreak of COVID-19 has brought the need to adjust to the “new normal”. The restrictions resulted in the HEROES programme moving online. However, we still had lots of great opportunities to develop skills, getting to know each other and form friendships.

Mencap Sports Day

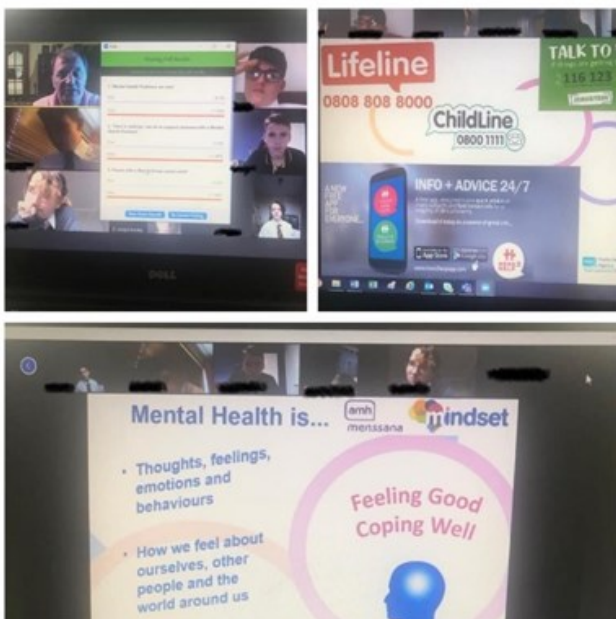
When the restrictions eased, we availed of every opportunity to bring the young people together in keeping with social distancing guidelines. The Fermanagh HEROES joined up with other young people, from Mencap’s Transform Project and Youth Forum, to take part in a sports day. Everyone enjoyed non-contact activities, such as running, relay race, sack race, egg and spoon race, throw the beanbag, obstacle course. Things may have got a little competitive, but this added to the fun and laughter had by everyone in attendance. Staff and young people really appreciated getting to meet in person, rather than behind a computer screen.



Action Mental Health

The Fermanagh HEROES group welcomed Michael, from Action Mental Health, along to three sessions of the Mindset Programme. The young people had the opportunity to explore mental health, the associated stigmas, stress and how to deal with this appropriately. Furthermore they discussed the CBT cycle and how our thoughts, feelings, behaviour and physical bodily sensations are interlinked. The young people discussed some of their concerns and how they manage stress in their lives.

This programme equipped the group with tools to identify low mood with themselves and/or others, coping mechanisms and contact details of support services to avail of when necessary.



Young people facilitate their own session

To develop the young people's confidence and organisational and leadership skills they were given the challenge to deliver their own sessions.

One young person shared his love of comics and supported the group to create their own funny comics. This session gave everyone a good laugh.

Another participant, who loves geography and countries, hosted a flags quiz. He ended the session by encouraging the group to design their own flag to represent them. Through this session the young people had an opportunity to explore their identity more and share with the others what is important to them.

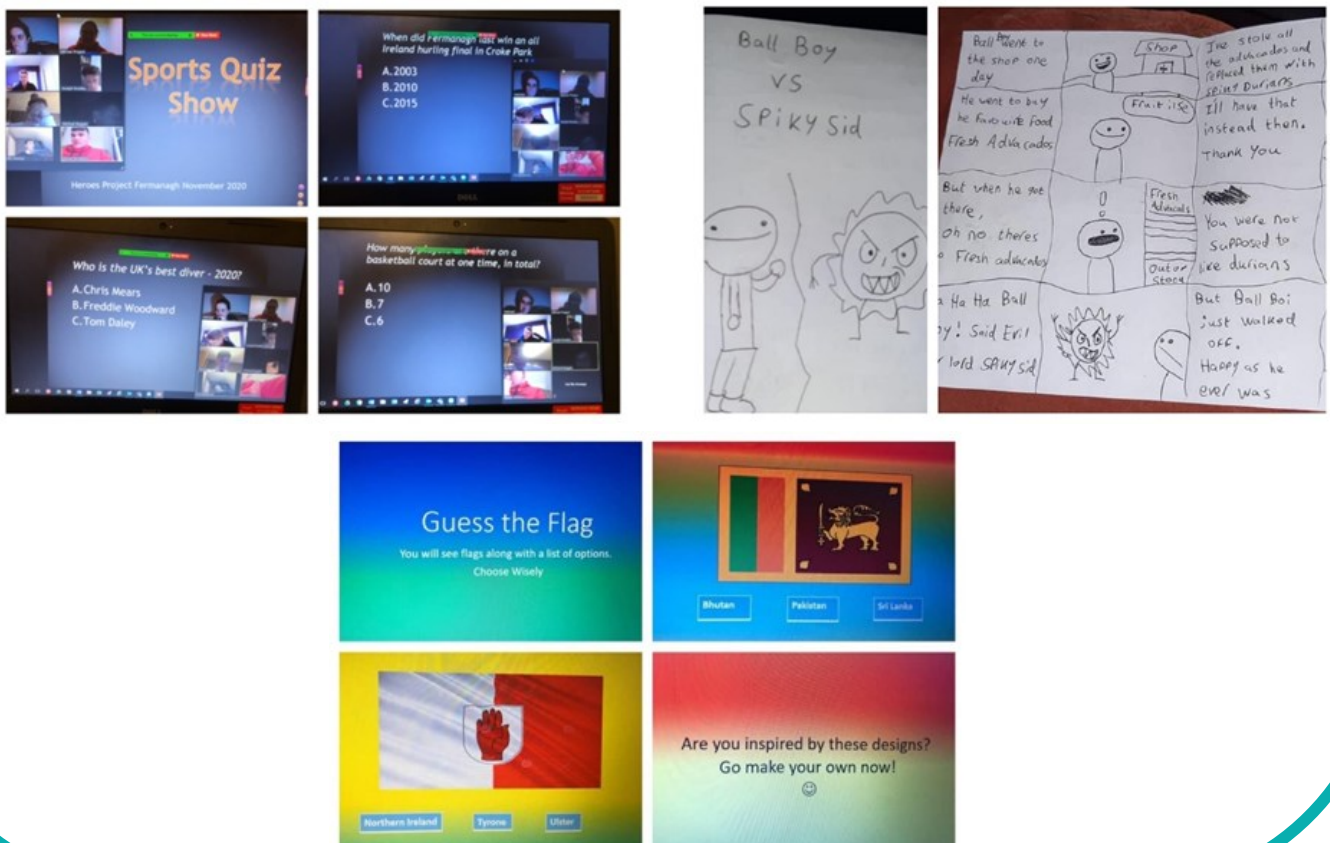
Three of the boys, who love their sport, designed a sports quiz together. They showed great teamwork organising this session and taking turns to lead the different rounds in the quiz.

Two other young people worked together to implement an LGBTQ+ awareness session. They created a space for other group members to improve knowledge and understanding of various labels and their definitions. They presented how the LGBTQ+ community is represented in the media, and they shared their personal stories. This session sparked curiosity from others, who asked questions in a sensitive and empathetic way.

The last young person originally had planned a full session of face-to-face fun games. However, due to restrictions, he was unable to carry this out. He showed resilience and adapted his plans for an online games session instead.

This challenging activity led the young people to achieve greater confidence and pride in themselves. Moreover, they developed the ability to work independently or as a part of a team, their organisational, leadership and communication skills.

Staff are very proud of the young people's achievements. Well done Fermanagh HEROES!





Culture Share Online Session


During the online meetings, each young person from the YMCA HEROES group delivered a “culture share session”. The participants shared some information about their culture/ background with the rest of the group. The young people covered a range of topics, including Christianity, Jainism, Celtic paganism, Japanese culture and language. These sessions, were incredibly informative. In combination with dedicated time for questions, it sparked lots of interesting discussions among the participants. The young people and the staff all came away learning a lot and having a great appreciation for other cultures and backgrounds.


Jain Fundamentals

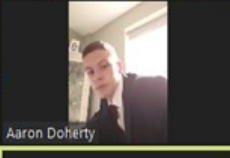
- Who Created the Universe:
 - No one; Matter changes
- Purpose of Life:
 - Help each other; Realize one's own full potential; To manage one's passions;
- Who controls your actions
 - We are responsible for our own actions
- How do we become happy
 - By managing our passions (anger, greed, ego, pride)

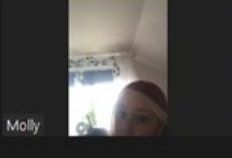




Katie Austin


Robert Watson


JACK HAMILTON


Aaron Doherty


Molly


Aditya Shah

mā má mǎ mà
 妈 麻 马 骂


Katie Austin


Robert Watson


JACK HAMILTON


Molly


Aaron Doherty

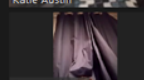

Edmond Lee

Celtic Paganism




Katie Austin


Robert Watson


Molly


Aaron Doherty


Jack Hamilton


aoife campbell (s...)


Edmond Lee

Let's Cook!

A big highlight for the YMCA group were the remote cooking sessions. Firstly, the group decided on various savoury and sweet dishes to learn how to cook. Then, the young people had the cooking ingredients delivered to their homes. The favourite recipes were pizza (from scratch, no “cheating” with pre-made dough), sponge cake and chocolate Cracknell. Alongside getting to eat the delicious creations, these sessions allowed the young people to work on effective time management and communication skills.



Group Activities

Whilst all YMCA group sessions were delivered via online calls, the young people did get the chance to meet up for social trips when restrictions were eased. Spending time away from the screens benefited in improving face-to-face interactions with peers and youth workers. We enjoyed a day out on the high ropes, followed by some competitive go-karting. We also had a great sunny day out to an inflatable waterpark at Moville. Additionally, we had an enjoyable teambuilding day, attempting some escape rooms and followed by ice-skating. The trips were a great chance for the young people to strengthen positive relationships and support each other through the challenging activities. Besides, the group managed to have a lovely meal out together and learned about some strange food combinations they liked to order (“Who has mashed potatoes with pizza?!?”).

