

HEROES PROJECT



Edition no. 4
Jan—Jun 2022

Time to say Goodbye,

After 4 years, the HEROES project is coming to an end.

HEROES has been an amazing experience and we will miss so much the great fun, wonderful atmosphere, and unforgettable experiences that we all had together.

We are saying goodbye to HEROES, but we are looking forward to the future exciting programs and adventures.

Below are a few memories of the last HEROES groups.

The HEROES team

HEROES Belfast ends the HEROES journey on a high

The Mencap HEROES team in Greater Belfast worked with over 40 young people in partnership with Beechlawn Special Educational Needs school. Their focus was on health and wellbeing. Young people completed OCN qualifications in wellbeing, took part in team building workshops, learnt about their self-identity, and participated in social and team trips.

The HEROES staff are so proud of all the young people, who flourished over the last 6 months. They also bravely challenged themselves to try new, exciting activities (nothing says conquering your fears like jumping backwards off a zip line!).



Along with completing HEROES, the young people finished their school journey too. They celebrated both graduations together during the HEROES Fun day celebration event.

We wish every young person good luck in their next adventure!

[#Youthworkworks](#) [#beyourownhero](#)

I am me, not you



Our wonderful Devenish HEROES group in Erne Integrated College worked very hard on the presentation they gave to the members of the Student Council and the school staff, including Principal Mr Jackson Weir.

The young people spoke about making changes in the school and engaged everybody in meaningful discussion about the topics that concerned them:

- How does appearance affect education
- The state of school bathrooms
- Bullying

This demonstrated how committed, perceptive and well organized the young people were. They showed a lot of creativity in addressing the issues, designing a hoodie with a slogan “I am me, not you”, to address the issue of student appearance and how it affects their education.

Congratulations to all HEROES participants for their great job on this!



Omagh HEROES' environmental mission

The young people in Mencap's Omagh HEROES group focused on climate change and how they can look after our environment. They wanted to give back to their community and decided to participate in a litter pick around local parks, leisure centres and businesses.



In addition, the Omagh group had a fun trip to Fermanagh, where they went to Castle Archdale for a picnic and a nature scavenger hunt.

For the nature scavenger hunt, the group were divided into two teams and given a list of local animals, plants and trees to find. The group who made it back to base first with pictures of all the items won!

All HEROES participants had a great time outdoors, enjoying seeing many different types of animals and admiring the beautiful scenery!

