



SPECIAL EU PROGRAMMES BODY

Project Case Study: The Impact of the YMCA m-power Youth Project

THEME:

Children and Young People

FUNDING:

€3,541,772.95

MATCH FUNDING:

Department for Economy NI, Ireland, Department of Children, Disability, Integration and Youth, Ireland

LEAD PARTNER:

YMCA, Ireland

PROJECT PARTNERS

YMCA Ireland, Southern Region YMCAs (Lurgan YMCA and Portadown YMCA), North Down YMCA, Youthbase YMCA Newcastle, Belfast YMCA, South East Antrim Region (Carrickfergus YMCA and Larne YMCA); Londonderry YMCA; YMCA Lisburn Ltd; YWCA - Monaghan Branch.

Start Date: 01/11/2017

End Date: 30/11/2021



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M-power created an opportunity to inspire young people to promote positivity in their lives and the lives of others, and within communities; working in partnership with YMCA's in Belfast; Carrickfergus; Derry-Londonderry; Larne; Lisburn; Lurgan; Monaghan; Newcastle; North Down; and Portadown.

During the project lifetime, programmes included:

- Accredited training, such as Personal Success and Well-Being; Vocational Skills training, such as Diversity, Rights and Responsibilities; Outdoor Education and First Aid; Young people and Politics; Transforming hate and Reconciliation and a Peace Peer accredited Programme.
- Outdoor education - residential experiences, which challenged young people in areas such as canoeing; mountain climbing; bouldering; archery; mountain biking; and orienteering.
- John Muir Award—participants explored their environment, found out about the habitat on their doorsteps and supported projects to maintain and care for these areas.
- Themed group work - led by the needs of the young people, activities incorporated health and well-being; managing conflict; building confidence and self-esteem; identity and culture; diversity and inclusion. Participants wrote poetry, created a photography blog, raised funds for charities, and learnt a range of life skills such as budgeting, cooking and first aid.

“When I first came to m-power I was physically and emotionally ruined...with m-power I felt strong and I could be a voice. Everything in my life was changing, my mental stability was getting stronger and I could stand on my own 2 feet and to be honest I couldn't believe the person I was turning into.”

Project Participant

