



## SPECIAL EU PROGRAMMES BODY

### Project Case Study: YMCA m-power

#### THEME:

Children and Young People

#### FUNDING:

€3,541,772.95

#### MATCH FUNDING:

Department for Economy NI,  
Department for Rural and  
Community Development

#### 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

 <https://www.ymca-ireland.net>



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

*"m-power brought out the best in me. I couldn't believe the person I was turning out to be. I felt strong and I felt I could be a voice in things we were talking about. I felt I was helping other people too"*

Participant

*"The young people are really engaged and much more positive about themselves and activities within the YMCA. It has been a joy to watch their slow, but steady change and also witness the positive impact they are now having on others. Well done m-power"*

YMCA Management Committee member



m-power participants creating a street performance



An Roinn Leanáí  
agus Gnóthaí Óige  
Department of Children  
and Youth Affairs



Northern Ireland  
Executive

[www.northernireland.gov.uk](http://www.northernireland.gov.uk)



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m-power is working alongside young people, co-creating activities that help build confidence and self – esteem; as well as creating healthy and thriving environments where young people feel safe, comfortable and welcome. Activities are designed to achieve positive change under the themes of Good Relations, Personal Development and Citizenship.

Opportunities include: outdoor educational activities; group work; themed workshops such as Healthy Life Styles; mediation and decision making; art; photography; music; drama based explorations of culture and diversity; volunteering and social action. Additionally, there are opportunities for qualifications through accredited training on subjects such as team work; managing risk; leadership and practical training in areas such as first aid or managing conflict.

*"My son had refused to go to school for a few years, he was so anxious. I didn't know what else to do and someone told me about m-power. I rang and met with the staff who took a lot of time with my son. I can't believe what m-power has done for him and the difference and confidence he now has. The staff were great with him and he is a happier person with a plan to go into further training".*

Parent of Young Beneficiary



m-power participants during a canoe activity



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