

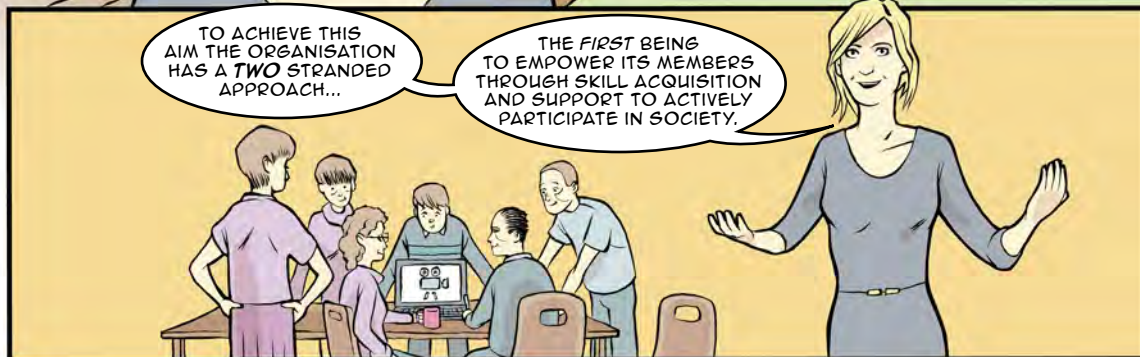
HELLO

I'M
CHARLENE FROM
DESTINED

DESTINED
IS A SUPPORT ORGANISATION FOR
PEOPLE WITH **LEARNING DISABILITIES**
THAT SEEKS TO EMPOWER ITS MEMBERS
TO PARTICIPATE MORE FULLY IN THE
COMMUNITY.

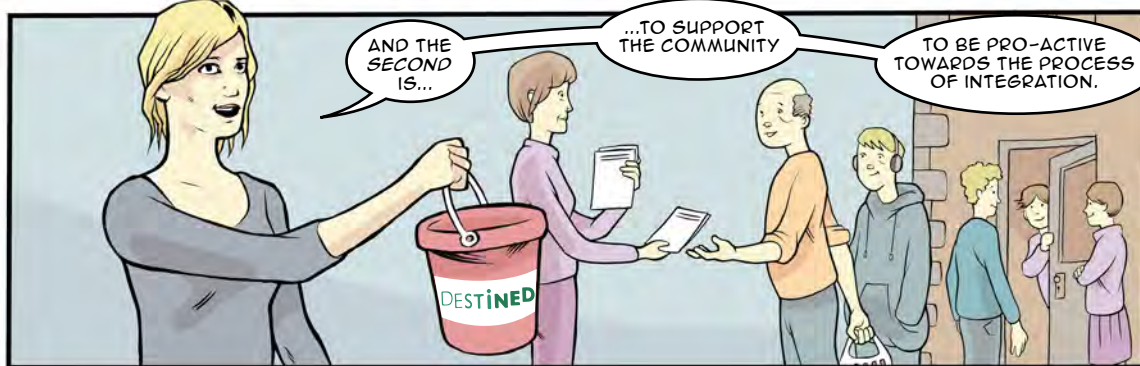
THE ORGANISATION
WAS ESTABLISHED 10 YEARS
AGO AND HAS A SPECIFIC AIM OF
PROMOTING MEANINGFUL SOCIAL
INCLUSION FOR PEOPLE WITH
LEARNING DISABILITIES...

...IN THE CITY
AND RURAL COUNTY
DERRY AREAS.



TO ACHIEVE THIS
AIM THE ORGANISATION
HAS A **TWO** STRANDED
APPROACH...

THE **FIRST** BEING
TO EMPOWER ITS MEMBERS
THROUGH SKILL ACQUISITION
AND SUPPORT TO ACTIVELY
PARTICIPATE IN SOCIETY.



AND THE
SECOND
IS...

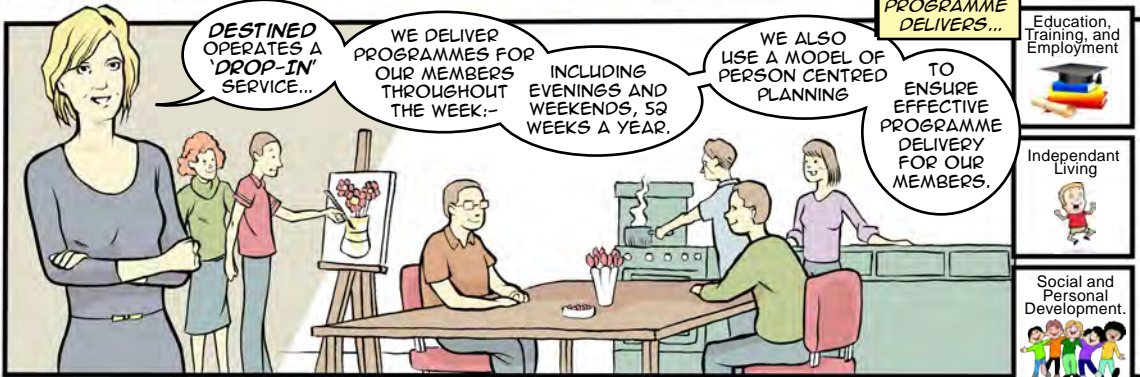
...TO SUPPORT
THE COMMUNITY

TO BE PRO-ACTIVE
TOWARDS THE PROCESS
OF INTEGRATION.



AS PART
OF ITS ETHOS
OF EMPOWERMENT,
DESTINED MEMBERS
MAKE UP A MAJORITY OF
ALL MANAGEMENT
AND PROJECT
COMMITTEES.

ON THE BOARD OF
DIRECTORS THERE ARE **10**
PEOPLE INCLUDING **3** PEOPLE WITHOUT
A LEARNING DISABILITY WHO PROVIDE
SUPPORT TO THE CHAIR, SECRETARY
AND TREASURER.



DESTINED
OPERATES A
'DROP-IN'
SERVICE...

WE DELIVER
PROGRAMMES FOR
OUR MEMBERS
THROUGHOUT
THE WEEK:-

INCLUDING
EVENINGS AND
WEEKENDS, 52
WEEKS A YEAR.

WE ALSO
USE A MODEL OF
PERSON CENTRED
PLANNING

**PROGRAMME
DELIVERS...**

TO
ENSURE
EFFECTIVE
PROGRAMME
DELIVERY
FOR OUR
MEMBERS.

Education,
Training, and
Employment

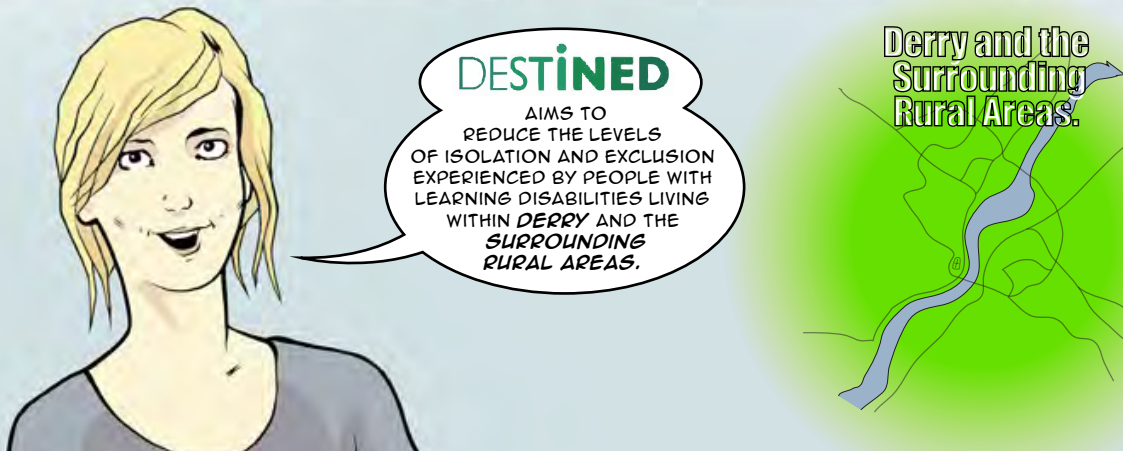
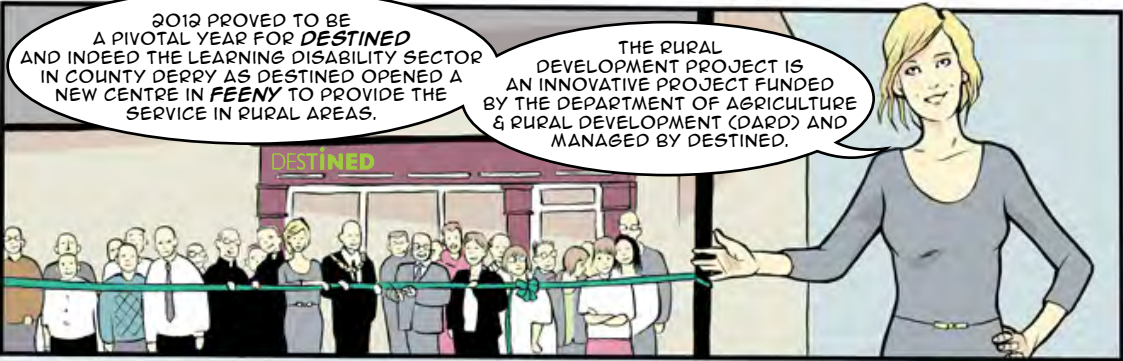


Independent
Living



Social and
Personal
Development.







HELLO

I'M TRACY.

I GREW UP IN DRAPERSTOWN THEN MOVED TO JUST OUTSIDE OF DUNGIVEN.

MUM WAS A NURSE AND DAD WORKED FOR AN OIL COMPANY.

I HAVE ONE SISTER AND ONE BROTHER, BOTH OLDER THAN ME WHO I AM VERY CLOSE TO.

I FOUND OUT A LONG TIME AGO THAT I HAD A **LEARNING DISABILITY**.

AT THE BEGINNING I FOUND IT DIFFICULT TO ACCEPT.

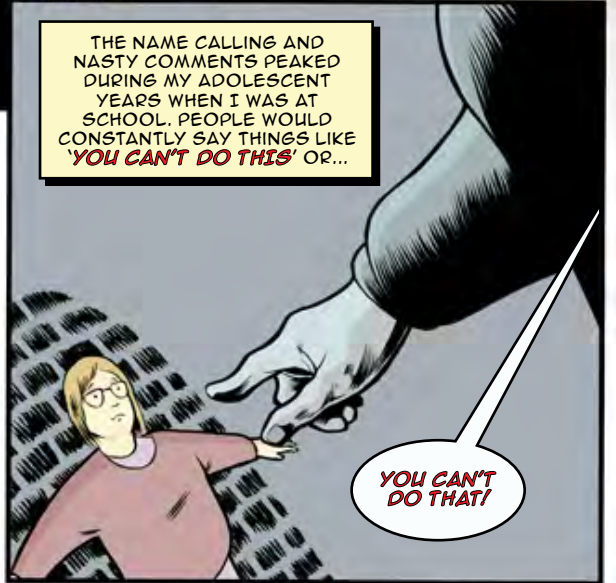
I FELT THAT WHEN PEOPLE KNEW ABOUT MY **LEARNING DISABILITY** SOME TREATED ME DIFFERENTLY...

...AND SOMETIMES PEOPLE WOULD BE UNKIND AND MAKE NASTY COMMENTS ABOUT ME BEING STUPID.



THAT WAS HARD FOR ME TO DEAL WITH.

THE NAME CALLING AND NASTY COMMENTS PEAKED DURING MY ADOLESCENT YEARS WHEN I WAS AT SCHOOL. PEOPLE WOULD CONSTANTLY SAY THINGS LIKE '**YOU CAN'T DO THIS**' OR...



YOU CAN'T DO THAT!

I WOULD DESCRIBE THIS AS THE MOST DIFFICULT AND A VERY LONELY STAGE OF MY LIFE. AT HOME MY FAMILY WAS ALWAYS VERY UNDERSTANDING AND THEY TRIED THEIR BEST TO SUPPORT ME.



I HAVE ALWAYS STRUGGLED AND AT SCHOOL. HOWEVER, I AM LUCKY IN THAT ALL OF THE TEACHERS I HAVE EVER ENCOUNTERED THROUGHOUT MY LIFE HAVE BEEN GREAT AND FULLY SUPPORTIVE OF MY **LEARNING DISABILITY**.



IT'S OK, WE'LL WORK IT OUT TOGETHER.

FROM THE TEACHERS AT SCHOOL TO THE TUTORS AT **DESTINED** THEY ALL UNDERSTAND WHAT LIFE IS LIKE FOR ME.



THE SUPPORT I HAVE RECEIVED HAS ENCOURAGED ME TO GO ON AND TRY NEW THINGS AND NOT TO LET MY **LEARNING DISABILITY** HOLD ME BACK.

AS A RESULT MY LIFE HAS BECOME QUITE BUSY AT THE MINUTE.

I'M CURRENTLY DOING JEWELLERY, ART, PATCHWORK AND FLOWER ARRANGING COURSES NOT TO MENTION ALL THE PROGRAMMES I ATTEND AT DESTINED!

I HAVE DEVELOPED A KEEN INTEREST IN ARTS & CRAFTS IN RECENT YEARS AND HAVE MADE DIFFERENT BITS AND PIECES.

SOMETIMES PEOPLE ASK ME TO MAKE THEM PIECES OF JEWELLERY OR HANDBAGS ETC. I WAS A BIT HESITANT BECAUSE OF MY LEARNING DISABILITY AND I DIDN'T HAVE MUCH CONFIDENCE IN MYSELF OR MY WORK.

THAT'S LOVELY-
CAN YOU MAKE ME
ONE PLEASE?

AM... I...
I'M NOT
SURE...

HOWEVER OVER TIME, I STARTED TO TAKE ONBOARD THE COMPLIMENTS I RECEIVED. MY CONFIDENCE AND SELF-ESTEEM GRADUALLY IMPROVED. I REALISED...

**I CAN
DO THAT!**

I COME UP WITH ALL MY OWN IDEAS FOR MY WORK AND DON'T USE BOOKS OR ANYTHING. I RECENTLY PAINTED A PICTURE FOR MY BROTHER WHICH...

**I
LOVE
IT!**

...HE LOVED! **HABA**

IT'S A GREAT FEELING TO GET REACTIONS LIKE THAT. IT WOULD BE MY DREAM TO OPEN MY OWN WEE BUSINESS SELLING THE THINGS I MAKE.

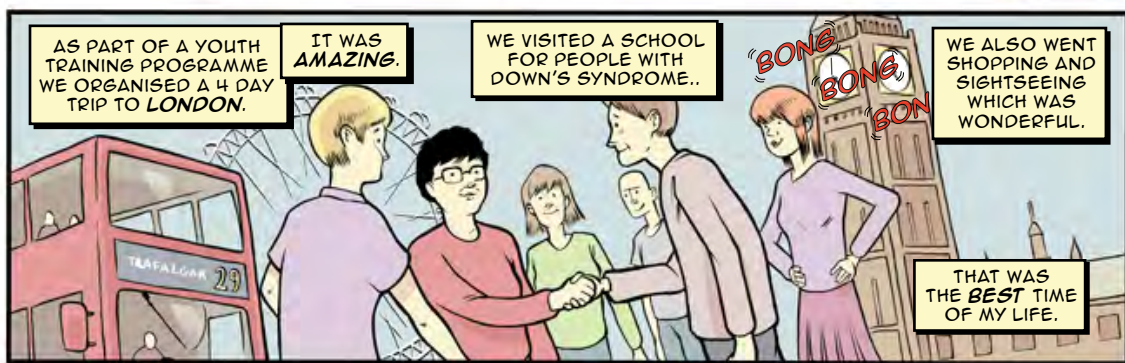
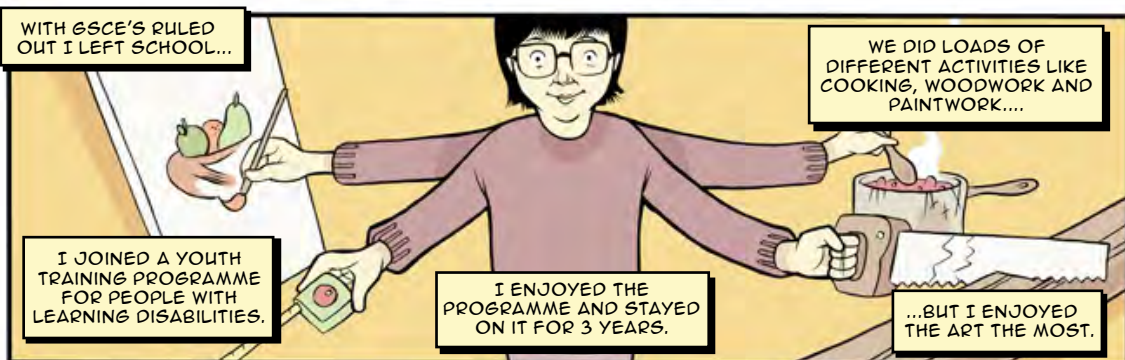
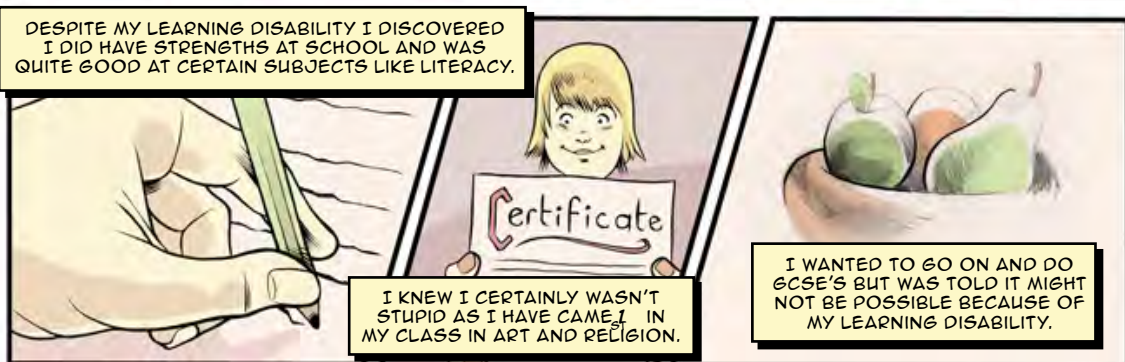
DESTINED IS THE BEST! THE STAFF HAS HELPED ME DEVELOP SO MUCH AS A PERSON AND NOW I CAN COPE IN LIFE MUCH BETTER. I HAVE MET LOADS OF NEW FRIENDS AND HAD THE OPPORTUNITY TO GET INVOLVED IN SO MANY NEW ACTIVITIES.

I WOULD SAY THAT SUPPORT FOR PEOPLE WITH LEARNING DISABILITIES HAS IMPROVED IN RECENT YEARS...

...AND ACCESS TO PLACES LIKE DESTINED ACT AS A GREAT SUPPORT NETWORK.

I'M AT A COMFORTABLE STAGE IN MY LIFE AND I'M HAPPY WITH HOW THINGS ARE...

...THANK YOU
DESTINED



WHEN I LEFT THE YOUTH TRAINING PROGRAMME WE DISCOVERED I HAD OTHER HEALTH IMPLICATIONS AND THE EPILEPTIC SEIZURES BECAME MORE FREQUENT



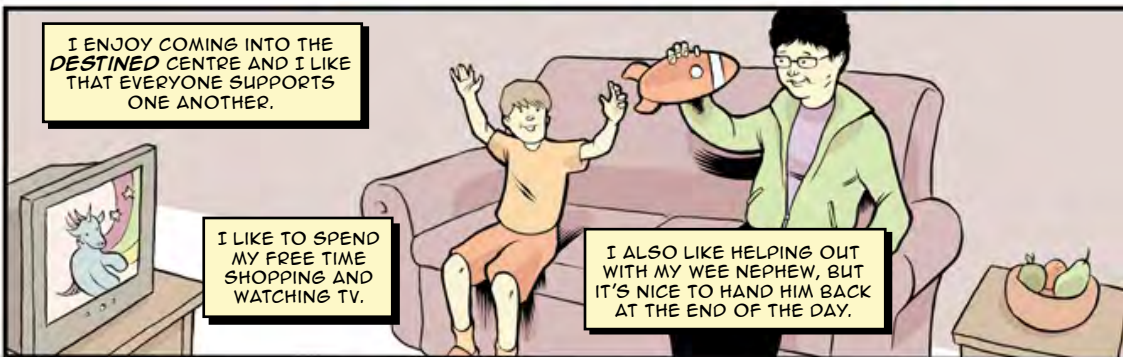
THIS INVOLVED MORE MEDICATION AND MORE RUNNING TO MEDICAL APPOINTMENTS. I WAS QUITE STRESSED AT THE TIME AND ALL OF THE RUNNING IN AND OUT OF HOSPITAL WAS SORE ON MY FAMILY, BUT WE HAD SOME HELP...

WHEN I WAS 15 I HAD A WORK PLACEMENT WHICH I REALLY ENJOYED AS IT WAS WORKING WITH OTHER PEOPLE WITH LEARNING DISABILITIES.



I HAVE NEVER HAD A PAID JOB AND I DON'T KNOW IF I EVER WILL BECAUSE OF MY HEALTH PROBLEMS.

I ENJOY COMING INTO THE **DESTINED** CENTRE AND I LIKE THAT EVERYONE SUPPORTS ONE ANOTHER.



I LIKE TO SPEND MY FREE TIME SHOPPING AND WATCHING TV.

I ALSO LIKE HELPING OUT WITH MY WEE NEPHEW, BUT IT'S NICE TO HAND HIM BACK AT THE END OF THE DAY.

I'VE SEEN FIRSTHAND HOW BULLYING CAN AFFECT PEOPLE...

...AND IT STILL SEEMS TO REMAIN ABIG PROBLEM FOR PEOPLE WITH LEARNING DISABILITIES.

BUT **DESTINED** IS HERE TO HELP!



SUPPORT FOR ADULTS WITH LEARNING DISABILITIES IS A LOT BETTER THAN IT WAS WHEN I WAS YOUNGER.

THERE SEEMS TO BE MORE THINGS ON OFFER WHICH IS GREAT FOR CARER'S AS WELL AS THEY NEED A BREAK TOO.

FORTUNATELY I HAVE GOT THE SUPPORT FROM MY FAMILY, FRIENDS AND, OF COURSE...

DESTINED



HI

MY NAME IS KEVIN...

I ATTENDED THE TRANSITION COURSE AT THE NWRC FOR PEOPLE WITH **LEARNING DISABILITIES**.

I REALLY LIKED IT!

WHEN I COMPLETED THE COURSE THE NEW **DESTINED** CENTRE IN FEENY OPENED!

I GOT A PLACE AT THE NEW **DESTINED** CENTRE. I WAS LUCKY- AS THERE'S NOT MUCH AVAILABLE FOR OVER 18 PEOPLE WITH **LEARNING DISABILITIES**.



I SPEND MOST OF MY TIME AT **DESTINED** NOW AND REALLY ENJOY IT.

DESTINED GIVES ME THE OPPORTUNITY TO GET OUT AND ABOUT, MEET NEW PEOPLE AND DO NEW THINGS!

I'VE MADE A LOT OF GOOD FRIENDS THERE WHO I THINK I'LL BE FRIENDS WITH FOR A LONG TIME.



IN MY SPARE TIME I PLAY LOTS OF SPORTS LIKE FOOTBALL, POOL AND DARTS.

I'M FOOTBALL MAD AND IF I'M NOT WATCHING IT ON TV I ENJOY PLAYING FOR MY LOCAL GAELIC CLUB!

I PLAY FOR 'GORT NA DRUM'!

THEY'RE A **GREAT** TEAM BUT I'M THE BEST PLAYER!

HAHA



I WATCH FOOTBALL WITH MY GRANDDAD AS HE'S A BIG FOOTBALL FAN TOO.

MY DAD TOOK ME OVER TO SEE CELTIC AND ABERDEEN PLAY. CELTIC WON 2-1 AND WE ALL CAME HOME CHEERING.

I LOVED IT AND WILL NEVER FORGET IT.

HOPEFULLY ONE DAY I'LL GET OVER TO ANOTHER MATCH.



AT WEEKENDS I LOVE GOING TO SOME OF THE LOCAL BARS.

I LOVE GETTING OUT AND ENJOYING THE CRAIC!

I USUALLY GO OUT AT LEAST ONE NIGHT OVER THE WEEKEND.

SOMETIMES I END UP STAYING OUT LATER THAN PLANNED.

ONE THING FOR SURE I HAVE NEVER LET MY **LEARNING DISABILITY** HOLD ME BACK FROM HAVING A SOCIAL LIFE.



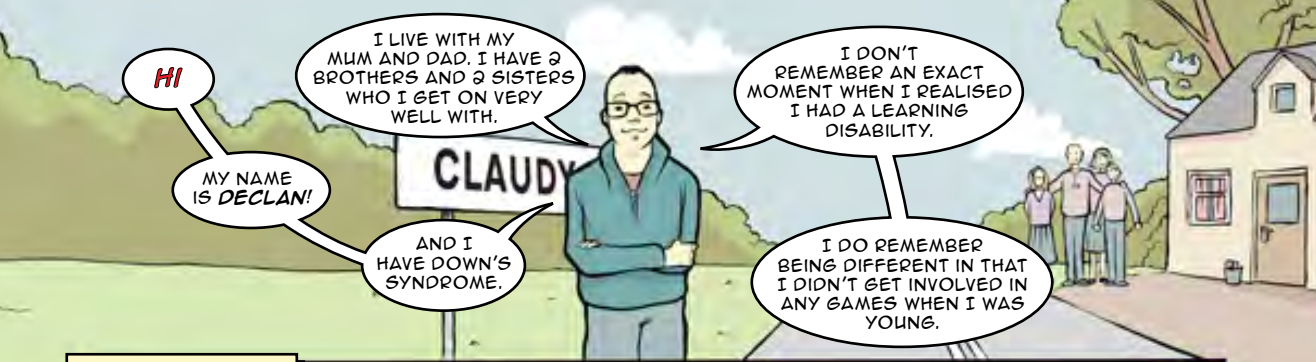
I HAVE A JOB ON A SATURDAY WORKING AT PETROL PUMPS FOR MY UNCLE WHICH HAS GIVEN ME SOME **INDEPENDENCE**.

I'M HAPPY AS THINGS ARE.

ALTHOUGH I STILL LIVE AT HOME WITH MY PARENTS, I'M SURE WITH THE HELP OF

DESTINED

I'LL BE ABLE TO LIVE ON MY OWN AT SOME POINT!



HI

MY NAME IS DECLAN!

I LIVE WITH MY MUM AND DAD. I HAVE 2 BROTHERS AND 2 SISTERS WHO I GET ON VERY WELL WITH.

AND I HAVE DOWN'S SYNDROME.

I DON'T REMEMBER AN EXACT MOMENT WHEN I REALISED I HAD A LEARNING DISABILITY.

I DO REMEMBER BEING DIFFERENT IN THAT I DIDN'T GET INVOLVED IN ANY GAMES WHEN I WAS YOUNG.

I REALLY ENJOYED SCHOOL AND HAD LOTS OF FRIENDS AND THE TEACHERS WERE REALLY NICE.

HEY DECLAN!

I NEVER REMEMBER BEING TREATED DIFFERENTLY BECAUSE OF MY DISABILITY.

I FINISHED SCHOOL I WENT TO THE NWRC, I ENJOYED THE COURSE AND IT WAS GOOD THAT MY GIRLFRIEND AOIFE WAS STARTING THE COURSE AT THE SAME TIME AS IT MEANT I ALREADY KNEW SOMEONE IN THE CLASS.

WHEN I FINISHED THE COURSE AT NWRC I STARTED DESTINED AND SO DID AOIFE. AOIFE AND I ALSO GO TO THE FOYLE DOWN SYNDROME TRUST WHERE WE DO LOTS OF ACTIVITIES WITH OUR LEADER SHANE.

SOME OF THE ACTIVITIES WE'VE DONE HAVE INCLUDED HURLING, FOOTBALL, POOL, SNOOKER AND SWIMMING.

HE'S NOT BAD!

AOIFE AND I BOTH LOVE SWIMMING AND ATTEND THE SPECIAL OLYMPICS EVERY WEEK.

I'VE PROVED TO BE REALLY GOOD AT IT AND HAVE WON SEVERAL MEDALS OVER THE PAST FEW YEARS.

DOWN'S SYNDROME IRELAND HAVE SELECTED ME TO SWIM FOR IRELAND WHICH COULD MEAN ME GOING TO AUSTRALIA FOR THE FINALS IN 2014.

IT'S A GREAT ACHIEVEMENT FOR ME.

HE'S NOT BAD!

I ALSO LIKE WATER SPORTS AND MY SWIMMING EXPERIENCE MEANS I DON'T HAVE ANY FEAR.

I'VE BEEN SURFING BEFORE AND HAVE ALSO GONE CANOEING WITH DESTINED WHICH WAS GREAT CRAIC.

HEY AOIFE! LOOK AT ME GO!!

I LOVE GOING TO DESTINED!

I CAN MEET UP WITH ALL MY FRIENDS AND DO LOTS OF DIFFERENT ACTIVITIES FROM COMPUTERS TO COOKERY.

DESTINED ARE REALLY SUPPORTIVE!

THANK YOU DESTINED

I LIKE THAT SOME OF THE OTHER MEMBERS HAVE GONE ON TO WORK WITH DESTINED AND SIT ON THE BOARD OF DIRECTORS.

I WOULD LOVE TO HAVE A JOB SOME DAY AND HOPE TO DO SOME VOLUNTEERING FIRST WHICH WILL HELP ME GET SOME EXPERIENCE. IT WOULD BE GREAT TO DO MY VOLUNTEERING WORK SOMEWHERE LIKE

DESTINED



HI

MY NAME IS AOIFE...

MY I GREW UP IN A HAPPY FAMILY WITH 2 BROTHER AND 2 SISTERS.

CLAUDY

I STILL ENJOYED SCHOOL THOUGH AND I REMEMBER ALL OF THE TEACHERS BEING NICE AND HAVING LOTS OF FRIENDS.

I REALISED I HAD LEARNING DISABILITY WHEN I WAS YOUNG.

I JOINED **DESTINED** AND STAGE BEYOND. I WAS ABLE TO CONTINUE STUDYING DRAMA AT STAGE BEYOND WHICH IS GREAT AS IT IS MY DREAM TO BE AN ACTRESS AND APPEAR ON TV SOME TIME.

I LOVE GOING TO **DESTINED** AND TAKING PART IN ALL THE DIFFERENT ACTIVITIES. WE DO KARAOKE AT DESTINED WHICH IS BRILLIANT!

I ALWAYS GET UP AND SING, USUALLY A RIHANNA SONG.

ELLA, ELLA, EH, EH...



AND 1, 2, 3, 4...

AND 1, 2, 3, 4...

PHEW

WE ALSO DANCE AT THE KARAOKE WHICH I REALLY ENJOY AS WELL AS I KNOW LOADS OF THE DANCE MOVES TO DIFFERENT SONGS.

I GO TO ZUMBA AT THE WEEKENDS WHICH HELPS WITH THE DANCING, I THINK!

HA HA

I ALSO DO COMPUTERS AND READING & WRITING AT DESTINED AND THE TUTORS SAY I'M MAKING GREAT PROGRESS. IF I FIND THINGS DIFFICULT THERE'S ALWAYS SOMEONE THERE TO HELP ME.

WE'LL WORK IT OUT TOGETHER!

I'VE RECENTLY COMPLETED AN OCN COMPUTER COURSE AT **DESTINED** WHICH I ENJOYED DOING.



MY MAIN HOBBY IS SWIMMING WHICH I GO TO EVERY WEEK WITH THE SPECIAL OLYMPICS.

SPLASH SPLASH

MY BOYFRIEND DECLAN ALSO GOES SWIMMING WHICH IS GOOD AS WE ENJOY GOING PLACES TOGETHER. I HAVE WON MEDALS FOR SWIMMING IN THE PAST WHICH I'M VERY PROUD OF.

THINGS ARE GOOD FOR ME AT THE MINUTE AND I AM HAPPY, I HAVE LOTS GOING ON. I DON'T FEEL LONELY OR LEFT OUT BECAUSE I HAVE A LEARNING DISABILITY.

THANK YOU **DESTINED**

I HAVE DECLAN AND MY MUM, UNA, THEY ARE GREAT AND ARE ALWAYS THERE TO HELP. AS IS...

DESTINED



MANY THANKS
TO ALL THOSE WHO
CONTRIBUTED:



TO **RAPID** & THE
VERBAL ARTS CENTRE FOR
PROVIDING DESTINED WITH THE
OPPORTUNITY TO PARTICIPATE
IN SUCH AN INNOVATIVE
AND EXHILARATING
PROJECT!



TO THE TEAM
AT **UPROAR COMICS**
AND **ALFIE GALLAGHER**
FOR THEIR SUPPORT
AND PROFESSIONAL
EXPERTISE!

DESTINED



THANK
YOU!

AND TO ALL
DESTINED STAFF AND
VOLUNTEERS FOR THEIR MOST
GENEROUS SUPPORT IN GATHERING
AND COLLATING THE STORIES, AND
TO **LEO GALLAGHER** & **JIM COLLINS**
FOR DEVELOPING A FANTASTIC
FRONT COVER.

AND TO
YOU FOR
READING THIS,
FROM US AT
DESTINED
A **HUGE**
THANK YOU!



Northern
Periphery
Programme
2007–2013

Innovatively investing
in Europe's Northern
Periphery for a sustainable
and prosperous future



European Union
European Regional Development Fund