



Jason, Colchester Gateway Club  
Playing air hockey at the centre



Alyson, Haswell & District Mencap  
Doing a chair aerobics exercise class



## Tell me more

To find out more about doing the award or supporting someone else to do it, go to [www.mencap.org.uk/gatewayaward](http://www.mencap.org.uk/gatewayaward) or email [gatewayaward@mencap.org.uk](mailto:gatewayaward@mencap.org.uk)



**mencap**  
**Gateway Award**  
Have fun and try something new

Cover image shows Damien, Midland Mencap, taking part in a music session. Printed on 50% recycled paper. Registered charity number 222377 (England, Northern Ireland and Wales); SC041079 (Scotland) 2012.290-02.12



Nikki and Alex, Sunderland Gateway Sport  
Practising judo throws

## What is the Gateway Award?

The Gateway Award is an activity award. The award programme lets you set your own challenges based on what interests you.

It's about experiencing new things, gaining confidence, meeting new people, having fun and being healthy. People of all ages and abilities can take part.

### My challenge

There are Bronze, Silver and Gold awards. For each award level, there are five sections to complete:

- **Hobbies** – doing things that interest you
- **Fitness** – being active and taking care of your body
- **Lifestyle** – staying safe and leading a healthy life
- **Volunteering** – helping others in your community
- **Gateway challenge** – achieving your goals.

### My choices

You decide what activities to do by choosing things that are new, challenging and fun. Along the way, you can collect evidence to show what you have done.

### My achievements

When you complete the award, you will get a certificate and a badge. You can also keep a folder of all the work you have done. Best of all, you will gain more confidence and learn new skills to help you be more independent.

### My support

To do the award, you need the support of someone who can help you get started, plan your activities and review your work. Your supporter will tell Mencap that you have ticked all the boxes and completed your award.

Anyone can register as a supporter. For more information, go to [www.mencap.org.uk/gatewayaward](http://www.mencap.org.uk/gatewayaward) or email [gatewayaward@mencap.org.uk](mailto:gatewayaward@mencap.org.uk)



Maris, Colchester Gateway Club  
Painting a decorative mask during a craft session

## How Mencap can help

When you register for the award, Mencap will provide you with:

- a portfolio folder for evidence
- a handbook for your supporters
- access to the online members'd send area
- all the help and resources you need to successfully complete the award.

### Examples of things you can do on the Gateway Award

- Start a new hobby, such as painting, gardening or cooking.
- Try new ways to be active – like dance, aerobics, hiking or swimming.
- Complete a challenge – visit a new place, go on a trip or run a sports event as a group.
- Learn more about first aid, healthy eating or managing money.
- Help others – volunteer at a local charity, do some fundraising or support a local campaign.