



# Gateway Award

Have fun and try something new

Easy  
read



## What is the Gateway Award?

The **Gateway Award** is a way for you to do lots of different things you enjoy. It will help you

- try new things
- be more confident
- meet new people
- have fun and be healthy.



## Who can take part?

Anyone can take part. It doesn't matter how old you are or what you can do.





## How does the Gateway Award work?

There are 3 levels in the **Gateway Award**. They are Bronze, Silver and Gold.



Each level of the award has 5 parts. They are

- **hobbies** – doing things you like
- **fitness** – keeping fit and taking care of your body
- **lifestyle** – staying safe and having a healthy life
- **volunteering** – helping people in your community
- **Gateway challenge** – doing the things you want to do.





## How does the Gateway Award work?

You need to do something for each of the 5 parts.

You can choose the things you want to do.

It is a good idea to pick things

- you have not tried before
- that are not too easy for you
- that are fun!



You need to write down what you do for each thing.



## What sort of things you can do for the award



**Hobbies** – start a new hobby like painting or cooking.



**Fitness** – keep fit by trying things like dancing or swimming.



**Lifestyle** – learn how to eat well or look after your money.



**Volunteering** – try raising money or helping at a charity.

**Gateway challenge** – do a new thing like going on a trip.



**When you have finished each level of the award**

You will get a certificate and a badge.



You will be more confident and will have new skills to help you be more independent.

## Do I need someone to support me?



You will need someone to help you get started.

They can help you plan what you are going to do.

They will also look at the work you are doing and make sure it is going well.



Your supporter will tell Mencap when you have finished each level of the award.

You can choose anyone you like to support you.



To find out more about supporters go to **[www.mencap.org.uk/gatewayaward](http://www.mencap.org.uk/gatewayaward)**

## How Mencap can help



When you sign up to do the award Mencap will do these things

- Give you a folder to put your work in.
- Give information to your supporter.
- Help you to use the website.
- Give you all the things you need to do the award.



**Want to find out more?**

Go to **[www.mencap.org.uk/gatewayaward](http://www.mencap.org.uk/gatewayaward)**  
or email **[gateway.award@mencap.org.uk](mailto:gateway.award@mencap.org.uk)**

