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Keeping the Community Sector in East Belfast Informed

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Get connected with the community sector in East Belfast in 2013



(members of the East Belfast Community Workers Forum at the January meeting in the Skainos building)

There are many ways to get connected with other community groups in East Belfast this year. EBCDA is pleased to play a role in supporting a range of forums and other networking opportunities for the community sector in East Belfast

Whether your group is large or small, works with young people, older people, or is based in a geographical area, there are several ways to share the good news about your work and hear what is going in other parts of East Belfast. Here are just some of the opportunities:

East Belfast Community Workers Forum

This forum has been running for over twelve years and currently meets on the third Tuesday at 12pm over lunch in a different community venue for each meeting. The agenda includes relevant speakers on upcoming programmes and plenty of time for information sharing and networking.

East Belfast Ethnic Minority Support Network

The network meets every month and provides an opportunity for community groups and statutory agencies working with ethnic minority groups to share information and work together.

East Belfast Youth Providers Forum

All youth workers are welcome to attend this re-launched forum which meets on the first Tuesday of each month. This is the main opportunity for youth workers from across the East to come together to discuss shared concerns and better ways of working.

Volunteer Involving Organisations Network

Are you the person who recruits and manages the volunteers in your organisation? Whether it's part of your job or you are a volunteer yourself, you're invited to the new VIO Network run by EBCDA to gain some training on volunteer management, chat through your challenges and share ideas. The VIO Network meets every quarter.

eBulletin

On the first and third Wednesdays of every month EBCDA sends out an ebulletin via email with community and funding news.

To be added onto the email lists for any of these opportunities email trisha@ebcda.org.



Signage goes up ahead of Avoniel Community Garden

The signage has gone up ahead of the creation of the Avoniel Community Garden. This site is currently neglected and is deemed as an unused space. It is hoped that the creation of a community garden will give the surrounding local residents a chance to work together to build something of their own.

CCG's Community Engagement Officer, Sean Brannigan said this "People in the local community don't have very much actual space for growing their own plants and produce. We hope that this will give the community a chance to grow their own and engage with like minded individuals. If succesful this garden will be the first of many along the CCG route."

Groups currently involved include Oasis, Caring in Action, Going Green, Bloomfield Community Association, East Belfast Community Counselling Services, Lower Castlereagh Community Group and East Belfast Partnership.

Work is expected to start early next year. Anyone can get involved so if you want to get involved in this project or want to find out anymore information about any of the community engagement projects please email sean@eastbelfastpartnership.org.

CCG Stakeholder Forum

The latest CCG stakeholder forum took place in November was kindly hosted by Bloomfield Methodist Church. The Lord Mayor Alderman Gavin Robinson was in attendance along with other elected local representatives including Deputy Mayor of Castlereagh Tommy Sandford.

Project Champion Sammy Douglas chaired the meeting and introduced the speakers. Rev Dr Wesley Blair spoke about Bloomfield Methodist Church and it's central role in the community.

The agenda for the meeting focused on construction plans for the Connswater Community Greenway. Wendy Langham gave an update on project progress. Sean Brannigan spoke about the plans for Avoniel Community Garden at Avoniel Leisure Centre. Stephanie Meenagh from the Greenway team gave an overview of CCG online communications. If you would like a copy of the CCG 'Join Us Online' booklet please email stephanie@eastbelfastpartnership.org.

David Neill from Belfast City Council highlighted the work being undertaken with Orangefield residents to compile an emergency plan for the area especially for use in the event of flooding. Joanne McKenna from the British Red Cross outlined the help that they can give to affected residents. Orangefield Park resident Malcolm Beattie gave an overview of the developed emergency plan for the area.

The Hollow successfully put to bed for winter!

A big thank you to all the volunteers who took part in the Hollow cleanup in October. Also big thanks to ALL the volunteers - Bloomfield Community Association, Elim Pentecostal Church, Walkway Community Association, East Belfast Alternatives and of course all the residents from the area who worked together in partnership to put the hollow to bed for winter!

The Hollow means a lot to the team at CCG - the CCG project will create a 9km linear park through East Belfast, following the course of the Connswater, Knock and Loop Rivers, connecting the open and green spaces. The Hollow is the point where the three rivers meet and what the CCG logo is based on.

Volunteering

Interested in volunteering with us or just hearing about future volunteer events? Email sean@eastbelfastpartnership.org with your name and preferred email address.

Never miss a thing!

Don't forget to like CCG on Facebook and follow on Twitter, tweet @connswatercg.



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R**Keep 'er lit!**

27 days of being hooked to TV coverage, 9.63 seconds of wonder at the speed of Bolt, thousands of tears at Ellie Simmonds' reaction to her gold medal race, 114 decibels in the Excel arena during Irish boxer Katie Taylor's first fight, Jason Smyth's victories in the T13 category. Anyone else looking for Olympics and Paralympics replacement therapy?

The closing ceremony of the Paralympics ended a summer of sport and the loudest and longest cheer was given to the 70,000 Games Makers volunteers who helped make the Olympic and Paralympic Games possible. "We will never forget the smiles, the kindness and the support of the wonderful volunteers," said Jacques Rogge, President of the International Olympic Committee. Seb Coe also praised the Games Makers telling them they had "the right to say...I made London 2012." And so the Games Makers volunteers deserved to be thanked on such a public stage. All volunteers do.

How can we keep the volunteering flame burning bright now that the Games are over? Here are a few ideas:

Think about volunteering

Take your inspiration from the Games Makers and volunteer yourself. There are lots of volunteering opportunities right here in East Belfast, from leading a local youth group to planting flowers in a community garden. Community groups in the area have volunteers at their heart; they help shape where East Belfast is going. Why not become a part of it all? You can volunteer as little or as much time as suits you. You can develop a skill that you already have or learn a brand new one. Check out the list of current volunteer opportunities in East Belfast at <http://www.ebcda.org/volunteer-development/latest-opportunities> or contact Katy Gaston, Volunteer Development Coordinator at East Belfast Community Development Agency to chat through registering your interest in volunteering.

Encourage volunteers in your community

You may not have the audience of an Olympics or Paralympics closing ceremony, but you can still thank volunteers. Encourage volunteers in the community centre you go to, at the library, in Victoria Park by giving them a smile and a thank you. Another way of thanking them is to use the projects and programmes they're helping to deliver. East Belfast has a wide range of groups that offer a huge amount of activities. For more information visit www.ebcda.org.

Volunteering isn't limited to community groups. Change the world, be a good neighbour and volunteer your time to help out the people around you.

London 2012 want the Games' legacy to inspire a generation – keep the flame burning and be inspired to volunteer!

**Titanic People
Coming Soon**

A chance to tell the story of the world through East Belfast's eyes. Titanic People will be opening in 2013 as an interactive exhibition space in Westbourne Presbyterian Church on Newtownards Road. Volunteers can get involved as part of the team manning the exhibition with visitors. Full training will be provided. Register your interest in the role by contacting Katy at the contact details below.

CAN I VOLUNTEER?

Volunteering is when you give time to help someone else or a cause you care about, simply because you want to and without expecting a payment. In East Belfast volunteers are making an important contribution to community life. Lots of people engaged in voluntary activity may not necessarily think of themselves as volunteers. They may see themselves as 'just helping out' or 'lending a hand'.

There are many benefits to volunteering and anyone can give as much time as they want. Finding the right volunteering opportunity can be a bit daunting – there are so many to choose from! Why not let EBCDA's Volunteer Project help you out. It couldn't be easier! Contact Katy Gaston, Volunteer Development Coordinator at EBCDA on 028 9045 1512 or email katy@ebcda.org.

Registering with EBCDA's Volunteer Project will keep you informed of volunteering opportunities and training as well as giving you support and guidance through the application process and supporting you in your volunteering role.

SUBSTANCE MISUSE SERVICES

Available in the
Belfast Health and Social Care Trust Area



Public Health
Agency

All services are delivered across the whole of the BHSCT area unless stated otherwise

Services for Adults

Belfast Addiction Service

One Point of Referral Tel: 028 9073 7547

Provides one to one support for individuals who wish to manage their substance misuse issues. The service is based at Malone Place Day Treatment Unit with satellite clinics throughout Belfast. The service can offer detoxification treatment, individual or group therapy, family intervention, substitute prescribing and access to residential programmes.

Addiction NI

Tel: 028 9066 4434 www.addictionni.com

Offers counselling-based treatment and support from three sites – Elmwood Avenue (South), Albertbridge Road (East) and Falls Road (West).

ASCERT

Tel: 028 9260 4422 www.ascert.biz

Can offer brief intervention advice and support for adults who wish to reduce their drinking and for family members affected by another person's drinking.

Carlisle House

Tel: 028 9032 8308 www.carlislehouse.org

Carlisle House is a residential substance misuse treatment centre situated near the centre of Belfast which can provide a 4-8 wk residential substance misuse programme for those aged 18-65.

Dunlewey Substance Advice Centre

Tel: 028 9039 2547

Offers counselling-based support for substances and gambling. The service is based at 247 Cavehill Road with satellite clinics throughout Belfast.

FASA

Tel: 028 9080 3040 www.fasaonline.org

Offers a range of services including advice, education, training, treatment and support (such as counselling and alternative therapies), including crisis response, for substance misuse and associated mental health issues from satellite clinics across Belfast.

Services for Families

Family & Friends Service

(Provided by Addiction NI)

Tel: 028 9066 4434 www.addictionni.com

Provides one to one, couples or group counselling support to family members and friends of someone affected by an alcohol or drug problem.

Family Matters (Provided by FASA)

Tel: 028 9080 3040 www.fasaonline.org

A treatment and support service for families and children affected by parental substance misuse – available at satellite clinics across Belfast as well as on an outreach visit basis.

Family Support Service

(Provided by Falls Community Council)

Tel: 028 9020 2030

Provides advice and support to those who are experiencing difficulties through drug and alcohol misuse – can be either the person misusing and/or family members affected.

PHAROS Service (Provided by Barnardos)

Tel: 028 9066 3470 www.barnardos.org.uk/pharos

A therapeutic support service for families and children affected by parental substance misuse offering direct work with individual children and adults, family work and group work.

Talking to your Children about Tough Issues

Tel: 028 9267 0915 (Contact Lisa McCloy)

Is a series of four workshops providing parents with information and skills to address the difficult subjects of drugs and alcohol, mental health and wellbeing and sexual health.

Services for Young People

DAISY (Provided by Opportunity Youth and ASCERT)

Tel: 028 9043 5815 www.daisy.uk.net

Drug and Alcohol Intervention Service for Youth (up to 21 years of age) – offers a range of services including brief/early interventions, mentoring, counselling and family support.

DAMMHS

Tel: 028 9020 4600

Drug and Alcohol Misuse and Mental Health Service is a specialised team within Child and Adolescent Mental Health Services who can offer individual therapeutic support on an in-house or outreach basis with young people (17 and under) who have significant substance misuse and mental health difficulties.

Falls Community Council

Tel: 028 9020 2030

Offers both an outreach service and a personal development programme for young people either using, or at risk of misusing, substances.

FASA

Tel: 028 9080 3040 www.fasaonline.org

One Stop Shop

Offers a 'one stop shop' service for young people offering information, education, training, group activities and direct support as well as being able to refer on to other relevant services as needed.

Youth & Family Stress Centre & Crisis Response

FASA provide youth mentoring, counselling, therapeutic group work and crisis response services across Belfast via satellite clinics and community hubs.

Targeted Drug Education Programmes

(Provided by ASCERT and Opportunity Youth)

Offers a range of education programmes for young people at risk of substance misuse.

ASCERT

Tel: 028 9260 4422 www.ascert.biz

Opportunity Youth

Tel: 028 9043 5810

www.opportunity-youth.org

Services for Communities

Community Action Support Team

(Hosted by FASA)

Tel: 028 9080 3040 www.fasaonline.org

Staff within CAST can help communities assess the nature of the drug and/or alcohol problems in their area and then work with them to develop the knowledge and skills within the community to enable them to respond and to develop and deliver local initiatives.

Community Drugs Awareness Training

(Provided by ASCERT, Falls Community Council and FASA)

These agencies can offer a wide range of training options, both bespoke and accredited, FREE OF CHARGE to those working in the community.

ASCERT

Tel: 028 9260 4422 www.ascert.biz

Falls Community Council

Tel: 028 9020 2030

FASA

Tel: 028 9080 3040 www.fasaonline.org

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Disclaimer: Whilst every effort has been made to provide accurate and complete information the Public Health Agency accept no responsibility for errors or omissions resulting from information gathered from outside sources. The PHA also accept no responsibility for the accuracy, quality or currency of the information contained in the Directory and any user of the Directory who has a problem or query with content are advised to contact the original source of information for clarification before contacting the PHA. Where any specific organisation or service is mentioned by name or otherwise this does not necessarily constitute or imply any endorsement or recommendation by the PHA of that organisation or service.

Services for Specific Groups

A&E Emergency Support Team

(Provided by FASA and BHSCT Unscheduled Care Team)

Tel: 028 9080 3040 www.fasaonline.org

FASA support workers based within the unscheduled care team can respond to individuals and/or families attending the emergency departments of the Royal and Mater hospitals who are presenting with substance and/or mental health issues providing advocacy, support and onward referral to services as needed.

Drug Outreach Team

Tel: 028 9050 0150

Service for injecting heroin/cocaine users.

Extern

Tel: 028 9033 0433

www.extern.org

Support service for those in tenuous housing situations due to alcohol or drug misuse.

Needle & Syringe Exchange Sites

Boots the Chemist

Tel: 028 9024 2332

Address: 35 Donegall Place, Belfast

McGregor's Chemist

Tel: 028 9031 0045

Address: 30 Botanic Avenue, Belfast

Older Focus

(Provided by Addiction NI)

Tel: 028 9073 1602 www.addictionni.com

Service for older people with addictions (55+) providing counselling in their own homes or support by telephone for both older people and/or their family members/carers.

RATSDAM Programme

(Provided by Addiction NI)

Tel: 028 9066 4434 www.addictionni.com

Service for offenders - referrals via courts/PBNI.

Hostel Services

Rosemount House

Tel: 028 9077 9740

Alcohol free hostel for those aged 18-65.

Springwell House

Tel: 028 9024 8801

Alcohol free hostel for those with substance misuse issues aged 18 and over.

Resources

CRIS

(Communication Resource and Information Service)

Tel: 028 9056 3770

email: info@eahealthpro.org

www.eahealthpro.org

CRIS have a wide range of drug and alcohol resources which groups can either ask for a supply of or borrow.

Helplines

Talk to Frank

Tel: 0800 776 600

www.talktofrank.com

Lifeline

Tel: 0800 808 8000

www.lifelinehelpline.info

Smokers Helpline

Tel: 0800 812 8008

www.want2stop.info

Contact Details for East Belfast's MLAs

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chris.lyttle@mla.niassembly.gov.uk



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FUNDING NEWS

Funding News

Here are some upcoming funding deadlines which may be of interest. For the latest news on fundraising visit www.fundraisingni.org.

Funder	Description	Amount	Deadline	Contact
Lloyds TSB Foundation	Grants for community needs / education / training	Up to £5000	Quarterly rolling deadlines	www.lloydstsbfoundationni.org
Santander Foundation	Grants for education / training / financial capability	Up to £10000 (average award £4000)	Rolling programme	www.santanderfoundation.org.uk
Awards for All	Positive change / skills / safety / health and wellbeing in local communities	£500 - £10000	Rolling programme	www.awardsforall.org.uk
Belfast City Council Rolling Grants	Support for Sport / Culture and Arts / Park Events / Good Relations	Varies depending on programme	Ongoing programmes	www.belfastcity.gov.uk/funding
Belfast City Airport Community Fund	community / social / environmental projects	Varies depending on programme	15 January and 15 July	www.belfastcityairport.com
Tesco Charity Trust	Children's education and welfare / elderly / people with disabilities	Up to £4000	30 January (children) 30 September (elderly / people with disabilities)	www.tescopl.com



Contact the Health Development Team on 90 451 512 or email:

Alan Houston alan@ebcda.org

Sharon Traynor sharon@ebcda.org

Health Development & Connections Programme

East Belfast MOT

Men's Clinics

The evening clinic at Holywood Arches is now two years into providing detailed health assessments to over 190 men. District Nurses have identified around half of the men attending as being overweight, 15% experienced raised anxiety levels, and 42% with raised blood pressure. A full report of findings will be available soon. For further information contact Alan Houston, Health Development Worker, on 028 9045 1512 or email alan@ebcda.org.

Clarawood 50+ Women's Club Artseka Session



Clarawood 50+ Womens Club received support from the Health Development and Connections Programme to facilitate a session by Artseka on the culture, economy and gender politics of India and in particular to learn about the vegetarian diet of one of the largest countries in the world.

The venue was Clarawood Tenants Hall on 7 November 2012 and everyone enjoyed the experience and participants hope to be kept posted about future opportunities to live and learn about other cultures. To find out more information contact; Hazel Whitley, Secretary on 028 90504366 or Alan Houston at EBCDA

Men's Shed Exchange



The Wise Men of the East Network (WMEN) spent three days exploring the culture of Sligo, learning about Geevagh Men's Shed Project and building relationships. Local Clergy met with the group and extended their friendship which was a feature of the experience as was descending the Arigna mines and hearing about family connections with mining in the district.

Get Into Gear this Year with Active Belfast Cycle Club



Bikeway East Cycle Club continues to meet at Avoniel Leisure Centre every Friday morning at 10am weather and other commitments prevailing.

A number of special trips are planned, if you are a keen cyclist you will be made very welcome.

For further information contact Alan Houston at EBCDA.

Community Pharmacy Celebration Event

EBCDA's Health Development and Connections programme has been working with a number of community groups on a community pharmacy programme during 2012.

The programme involves working in partnership with local communities and community pharmacists in Boots Pharmacies to develop initiatives and services tailored to meet local health needs.

The Level two programme in Inner East Belfast was delivered with four groups in the area which include Ravenscroft Nursery Parents, Shortstrand Parent & Toddler Parents, the 'W' Club Men's Group and Macara Women's Group.



A celebratory "drop-in" event took place in Connswater Shopping Centre on 26 September. There was a range of free health information and advice on a range of topics

The East Belfast Ethnic Minority Support Network used the event as an opportunity to launch its new pop-up stand (pictured above) as the group seeks to raise its profile across East Belfast.

For more information on the programme contact Sharon at sharon@ebcda.org or call 9045 1512.

New Suicide Prevention Information Officer for East Belfast

Clare James is the new Suicide Prevention Information Officer for East Belfast, employed by EBCDA

"My role involves working with the local community to raise awareness of the issue of suicide and how we can all play a role in suicide prevention. I can provide information and materials to local organisations such as schools, youth groups, community groups and employers to help them be more aware of suicide and how to identify and help people who may be at risk.

Many of these organisations have staff or volunteers who may be in contact with people at risk of suicide, so I can help them identify and access appropriate training in suicide awareness.

Another aspect of my work involves linking with local organisations in providing support to people with mental and emotional health issues in order to make people more aware of their services and refer individuals to them for support.

I am also involved in responding in the aftermath of a suicide by supporting bereaved families to access services including bereavement groups, counseling and complementary therapies."

Clare can be contacted at EBCDA on 9045 1512 or email clare@ebcda.org.



Northern Ireland Register of charities

to be established in 2013

An amendment to the Charities Act (NI) 2008, which clarifies the wording of the public benefit test, paves the way for a Register of charities to be established for Northern Ireland.

In 2010 the Charity Commission for Northern Ireland (CCNI) decided not to proceed with establishing the register of charities after legal counsel identified that there was legal uncertainty with the wording of the public benefit test in the Charities Act (NI) 2008. Agreement had been reached early in 2012 to make an amendment to Section 3 of the Act which is included in the Charities Bill (NI) 2012 that has now passed consideration stage in the Northern Ireland Assembly and is waiting royal assent.

The new wording on public benefit is the same as that found in charity legislation in England and Wales, which places the principal emphasis on the public benefit requirement under charitable purpose as opposed to including a prescribed charity test in legislation.

The amendment does not change either the definition of charitable purpose or the requirement that all charities must provide public benefit in Northern Ireland or elsewhere. This is very positive as the introduction of the presumption of public benefit for certain types of charity was something which was being considered at one stage during this process.

Once royal assent has been given, CCNI will then be in a position to issue draft guidance for consultation, hopefully in early spring. When completely resolved, the register of charities can then be established, which is likely to be in September.

For more information visit the Charity Commission's website at www.charitycommissionni.org.uk.



The SOS Group, comprises families who have been bereaved through suicide. The group meets on the first Thursday of every month at 7.30pm at Connswater Community Centre, Connswater Street, Belfast.

The Survivors of Suicide Group (SOS) was formed in September 2006 in response to the rise in suicides in the Belfast area. We felt at this time in the East and South of the city, and also in Castlereagh Area, that there was no one or place people could turn to for help in the aftermath of a suicide.

The group was set up by and run through the families and friends of those who lost their lives to suicide and our aim is to provide help, support and comfort to those left behind. We provide a shoulder to lean on and an ear to listen, as well as open and honest answers to the many difficult questions that are asked in the aftermath of a sudden death by suicide.

Those in our group are no different to anyone else who has lost a loved one, but through relevant experience we feel that we can help others by sharing our own stories from our personal loss. Many family and friends have received a lot of help from the group and many of those who have come on board are getting "something they could not get anywhere else". We in the SOS group also provide other services for the families and friends in the form of counsellors and complementary therapists. Our group booklets also provide important information on many matters relating to the aftermath of a suicide.

For more information on joining the group contact Bobby Cosgrove on 07595 745718.

Suicide Prevention, Crisis Support and Counselling Services available to East Belfast

Organisation	Services Offered	Contact Details
Lifeline	24/7 phone support plus referral to community based services including counselling and creative therapies	0808 808 8000 www.lifelinehelpline.info
FASA	One to one support to those in crisis from suicide, self-harm and substance abuse. Drop in service, no appointment necessary.	178-180 Shankill Road, Belfast, BT13 2BH 028 9080 3040 www.fasaonline.org
Opportunity Youth Protect Life Project	Crisis Mentoring Support for young people at risk of suicide aged 8-21 in South and East Belfast and Castlereagh Locality	Hildon House, 30-34 Hill Street, Belfast, BT1 2LB 07545929291 (Protect Life Mentor) 028 9043 5810 (Head Office) www.opportunity-youth.org
Belfast Branch Samaritans	Phone, text and email support available 24 hours a day plus drop in service from 9am to 10pm every day	5 Wellesley Avenue, Belfast, BT9 6DG 028 9066 4422 Text Service 07725 90 90 90 www.samaritansbelfast.org Email service jo@samaritans.org
East Belfast Community Development Agency	Information and signposting on local support services and training opportunities related to suicide prevention	269 Albertbridge Road, Belfast, BT5 4PY 028 9045 1512 www.ebcda.org
Suicide Awareness and Support Group	Crisis support, counselling, complementary therapies and support groups	209 Falls Road, Belfast, BT12 6FB 028 9023 9967
Lighthouse	Crisis support, counselling, youth interventions, family support and support groups	187 Duncairn Gardens, Belfast, BT15 2GF 028 9075 5070 www.lighthouseireland.org
PIPS	Drop in crisis support, bereavement support and counseling	279 – 281 Antrim Road, Belfast, BT15 2HE 028 9080 5850 www.pipscharity.com

Organisation	Services Offered	Contact Details
East Belfast Community Counselling	Counselling for adults and youth Bereavement counselling for older people Bereaved by suicide support group Anxiety support group	First Floor, 126 Bloomfield Avenue, Belfast, BT5 5AE 028 9046 0489 www.eastbelfastcounselling.org
Pathways to Health and Peace Counselling	Counselling focussed on loyalist ex - prisoners, ex combatants and families	Charter NI, 352 Newtownards Road, Belfast, BT4 1HG 028 90459458
Anchor Counselling	Counselling sessions delivered at 179 Hollywood Road both daytimes and evenings	Christian Fellowship Church, 10 Belmont Road, Belfast BT4 2AN 028 90650690 www.thisiscfc.com/involved/anchor_counselling
East Belfast Mission	Counselling including one-to-one, families and couples	Skainos Building, 240 Newtownards Rd, Belfast, BT4 1HB 028 9045 8560 www.ebm.org.uk
New life Counselling	Counselling and therapeutic services for children, young people, adults and families. Referrals welcome from East Belfast and counseling service will be available at Skainos centre later in 2012	Unit 20, North City Business Centre, 2 Duncairn Gardens, Belfast 028 9074 6184 www.newlifecounselling.net
Contact South & East Belfast Counselling Project	Counselling for all ages in local venues across South & East Belfast	1 st Floor, Lanyon Building, North Derby Street, Belfast. BT15 3HL 028 9074 4499 www.contactni.com

**For more organisations across the region visit
www.mindingyourhead.info and www.stampoutsuicide.org.uk**

Bereavement Support

Organisation	Services Offered	Contact Details
SOS (Survivors of Suicide)	Bereaved by suicide support group meetings 1 st Thursday of every month at 7.30pm, Connswater Community Centre	Connswater Community Centre, Tamar St, Belfast, BT4 1HS 07595 745718
Griefshare	Grief recovery support group meetings including men's meetings	Orangefield Presbyterian Church, 464 Castlereagh Road, BT5 6BH 07752 858 736 or 07759 933 558 www.griefshare.org
East Belfast Community Counselling	Bereaved by suicide therapy group	First Floor, 126 Bloomfield Avenue, Belfast, BT5 5AE 028 9046 0489 www.eastbelfastcounselling.org

Mental and Emotional Wellbeing Services

Organisation	Services Offered	Contact Details
Oasis IMAGO	Professional befriending and one to one support for those with mild to moderate mental health issues such as depression, anxiety, stress and agoraphobia	Oasis Caring In Action, 102-108 Castlereagh Street, Belfast, BT5 4NJ 028 9087 2277 extn 203 www.oasis-ni.org/befriending/
Aware Defeat Depression	Helpline available 9am – 1pm Support group in Holywood Arches Centre every other Tuesday at 7pm	40-44 Duncairn Gardens, Belfast, BT15 2GG Helpline 08451 202961 Office 028 90321734 www.aware-ni.org.uk
CAUSE	Provides support, and training programmes for carers of individuals with mental health issues	Lesley Office Park, 393 Holywood Road, Belfast, BT4 2LS 028 9065 0650 www.cause.org.uk
Rainbow Project	Counselling and support for gay and bisexual men including one-to-one counseling, counseling for young men, couples and families	Belfast LGBT Centre, 1st Floor, 9-13 Waring Street, Belfast, BT1 2DX 028 9031 9030 www.rainbow-project.org
PPR Project	Support and advocacy for families bereaved by suicide, mental health service users and their carers	2 nd Floor, 133 Royal Avenue, Belfast, BT1 1FG 028 9031 3315 www.pprproject.org

Money, debt and benefits advice

Organisation	Services Offered	Contact Details
East Belfast Independent Advice Centre	Advice on benefits such as housing, employment and debt. Tribunal representation, outreach and home visits	85 Castlereagh Street, Belfast, BT5 4NF 028 90963003
Christians Against Poverty (CAP)	Debt counselling charity with local representatives across East Belfast	0800 3280006 www.capuk.org

Suicide Awareness Information Sessions

If local people in your area are concerned about suicide please contact EBCDA's Suicide Prevention Information Officer Clare James who can facilitate information sessions in youth, community and voluntary groups across East Belfast. The session format is flexible but can include a general awareness talk with the opportunity to ask questions and access information on services.

EBCDA can also organise for trained counsellors to attend if necessary and sessions can be held on evenings and weekends to ensure people can attend.

For more information contact Clare James, Suicide Prevention Information Officer on 028 9045 1512 or email clare@ebcda.org

Social Investment Fund Update

The Social Investment Fund (SIF) has been set up to deliver social change. It aims to make life better for people living in targeted areas by reducing poverty, unemployment and physical deterioration. The fund will run until 2015 and has been allocated £80 million by the Northern Ireland Executive. The fund is being delivered in partnership with communities across nine social investment zones. Each zone has a steering group with up to 14 members from the business, political, statutory and voluntary and community sectors. They will develop and manage plans for each of the social investment zones.

Membership of the East Belfast steering group and the related engagement plan have now been confirmed and is detailed below. The East Zone Steering Group have agreed an outline action plan and the elements of this are currently being worked through into a comprehensive action with spend profiles attached. It is intended that the full process will be operational by March/April 2013 with projects beginning to hit the ground between May and September 2013.

Name	Sector
Michael Briggs	Voluntary / community
Steven Irwin	Voluntary / community
Bernadette McConnell	Voluntary / community
Samuel White	Voluntary / community
Chris Lyttle MLA	Political
Robin Newton	Political
Sharon Skillen	Political
Jim Wilson	Political
Joan McCoy / Anne ?????	Castlereagh Borough Council
John McGrillan	Belfast City Council
Supporting consultant: Copius Consulting Contact: Simon Lennon phone: ?????? email: ???????	

There are 9 SIF zones across Northern Ireland.

The SIF strategic objectives are to support communities to:

- Build pathways to employment
- Tackle the systemic issues linked to deprivation
- Increase community services
- Address dereliction

The following measures will be used to decide which areas are eligible:

- Areas within the top 10% of most deprived Super Output Areas on the Multiple Deprivation Measure 2010
- Areas within the top 20 per cent of most deprived Super Output Areas on the key indicators of income, employment, education and health
- Areas which can provide independently verified and robust evidence of objective need linked to the four SIF objectives

C O M M U N I T Y D E V E L O P M E N T F R A M E W O R K

East Belfast Community Development Agency



East Belfast's Community Development Framework

East Belfast's Community Development Framework

The framework, produced by EBCDA is available from our offices or online at www.ebcda.org.

It offers a joined up vision for the future of East Belfast. Achieved through refocusing the skills, awareness, knowledge and experience of community development workers, the voluntary sector and the statutory sector to empower local people to speak and act on their own behalf and provide a framework that enables local groups to participate more widely in society.

The purpose of the Community Development Framework is to provide a document which contains principles that organisations can sign up to in terms of the delivery of community development in East Belfast.

As part of the underpinning process, of making the framework a success, organisations have agreed to have their names included in the document as being in support of the framework.

If your organisation would like to be included for the next re-print email trisha@ebcda.org. Copies of the framework are also available from the office.

Templemore Avenue School - People's History Project



TEMPLEMORE AVENUE SCHOOL
East Belfast Network Centre

2012 has been a fantastic year for the People's History Project with the group growing every month and everyone's contribution has been greatly appreciated.

One of the highlights of the year was in November with the Intergenerational Programme, in partnership with Linking Generations NI and Ashfield Girls High School. Linking Generations NI assist groups in carrying out cross generational programmes.

It is a great opportunity to look at perceptions of the other generation, build relationships and break down generational barriers. We used it as a basis to share experiences of school today and school 'back in the day'.

The programme was a great success and we would like to thank Vicki Titterington (Linking Generations NI), Ms Dunlop and Mrs Christie (teachers from Ashfield) and Mrs Mungavin (Headmistress) for their assistance and enthusiasm for the project.



For more information contact Emma Trueick, People's History Project Worker at emma@ebcda.org or call 028 9045 1512.

**EBCDA Registered as
Access NI Umbrella body**



EBCDA is now registered as an umbrella body to countersign applications for Access NI disclosures.

Access NI is the system for disclosure of an individual's criminal history. All organisations who wish to access criminal history disclosures for potential staff or volunteers need to register directly with Access NI (for a cost of £150) or if they don't want to register directly they can use an umbrella body.

For more information contact Jonny Currie at jonny@ebcda.org, Katy Purvis at katy@ebcda.org, or call 90 451512.

M E M B E R P R O F I L E



Our mission is to entertain the women from the local area from 18 years onwards, to take part in Educational courses, learning workshops, anything they wish to achieve in their life, bring them together each week to share experiences, help each other and to have a good time away from the kids.

Connswater Womens Group meets on a Thursday Night in Connswater Community Centre 7.00pm - 9.00pm.. We have currently 19 members. Each week we take part in different activities eg: Cash bingo, arts & crafts, cooking, wii nights, training courses, workshops, trips and a lot more. We also run fundraising nights and charity nights which involve discos for children, arts & crafts for kids, jumble sales, and fancy dress themed nights for the adults & kids.

Each member of the group has received certificates for taking part in basic computer classes, learning workshops and also Child protection training. For more information on the group contact Sharon Kirkwood on 07821 308510 or email sharon_atici@msn.com.



If your group would like some assistance in developing governance, applying for funding, or strategic planning, contact Jonny Currie, Community Support Manager at EBCDA on 9045 1512 or email jonny@ebcda.org

Templemore Avenue School/East Belfast Network Centre

At long last we finally have a completion date for East Belfast Network Centre/Templemore Avenue School. We can start moving in on Monday 27th May. This is about 2 months later than originally planned but better late than never.

At this stage, in February, the building work is about 90% complete. Final fit out in terms of electrical work, heating and general infrastructure will start the first week in March. We have spent a lot of time since Christmas 2012, discussing and looking at fit out around furniture for the meeting rooms and offices as well as wall and floor finishes. At this stage these are things that become important, as this is what you will actually see and experience when you visit the building. We are conscious that the building is now 87 years old and in our refurbishment and fit out we are trying to be sympathetic to the buildings age and the important role it played in peoples lives and the life of the built community in Templemore Avenue. But we also must recognise that it will be a fully functional building in the 21st century.

We are confident that by the time we move in on Monday 27th May, we will have all the office space within the building fully let. Currently we have 80% let and are in discussion with a number of other organisations about taking up office space. If our budget permits us, we intend to make all the offices fully turn key, in terms of desks and drawer units, chairs, storage cupboards and occasional chairs for some offices. This should make it more attractive for organisations who might be considering a move, or establishing new pieces of work and need a base.

If you are interested in seeing round the building we hope to have some visiting days in mid-March. Just contact Trisha at the contact details below and she will add you name to a list and once dates, days and times are finalised we will be in touch with you.

In addition to the building being completed by May 2013, DSD, DRD and BCC will be carrying out major public realm works and an environmental improvement scheme on the footpaths, trees and street lighting along both sides of Templemore Avenue from Newtownards Road to Castlereagh Street as well as carrying out similar work on the Albertbridge Road. East Belfast Partnership are working with EBCDA to develop a spatial study of Templemore Avenue that will identify further potential opportunities within the area.

Peoples History Project – Templemore Avenue School

The Templemore Avenue School Peoples History Project has continued to play a vital role in recording the 60 year history of the school when it was both an elementary and primary school 1926-1976. We now have over 100 stories recorded for our book from past pupils and teachers. We have also managed to gather some reports, photos and written information about their life at the school, after school and when the pupils finally left school to go to work, college or university. We intend to have the book published and available from June 2013.

Another important element of the Peoples History Project is the display banners, charting the history of Templemore Avenue School from the opening in 1926 through to it's closure in 1976. Once completed, these will be on permanent display in what was the main assembly hall of the school, showing a visual history of the school during it's 60 year life.

The 15 banners will depict a story board. At the top of each banner there will be a world history event, below that a UK history event, below that an East Belfast historical event and then the remainder of each banner will depict photos and information about the school, pupils and teachers. The banners will cover the periods 1926 to 1936; 1936 to 1946; 1946 to 1956; 1956 to 1966; 1966 to 1976

E B C D A C O N T A C T D E T A I L S

EBCDA Staff

- **Michael Briggs:** Director - michael@ebcda.org
- **Kim Briggs:** Resource and Finance Manager - kim@ebcda.org
- **Jonny Currie:** Community Support Manager - jonny@ebcda.org
- **Alan Houston:** Health Development Worker - alan@ebcda.org
- **Sharon Traynor:** Health Development Worker - sharon@ebcda.org
- **Clare James:** Suicide Prevention Information Officer - clare@ebcda.org
- **Katy Gaston:** Volunteer Development Worker - katy@ebcda.org
- **Emma Trueick:** TAS History & Good Relations Coordinator - emma@ebcda.org
- **Jean Higginson:** Payroll/Finance Administrator - jean@ebcda.org
- **Trisha McQueen:** Receptionist/ Admin Worker - trisha@ebcda.org
- **Marie Anne McMillan:** Project Administrator - marie@ebcda.org

As always, the views and opinions expressed in this newssheet do not necessarily reflect those of EBCDA Board of Directors and Staff

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Ways to stay connected with EBCDA:

1. Log onto www.ebcda.org

Visit EBCDA's website to access:

- EBCDA history, mission and aims, board and staff contact details
- Searchable database of community organisations in East Belfast
- Online clash diary to publicise community events and meetings. Contact Trisha at trisha@ebcda.org to submit information.

2. Sign up for our eBulletin

The eBulletin is an email newsletter which is sent out on the first and third Wednesday of each month. Items should be emailed to Trisha trisha@ebcda.org by 11.00am on the Tuesday before. Contact Trisha to be added to the email list for eBulletin.

3. "Like" our Facebook page

If you have a facebook account, search for "East Belfast Community Development Agency" and "like" us!

4. Follow us on twitter @EBCDA