



East Belfast Community Development Agency eBulletin

EBCDA's eBulletin is distributed on the **1st and 3rd Wednesdays** of each month. If you would like to submit a community news item, event, or training/funding opportunity please contact Trisha McQueen on 028 9045 1512 or email trisha@ebcda.org on the Tuesday before by **11.00am**.

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1. EBCDA News

Community Support

East Belfast Community Workers Forum

The next meeting of the Community Workers Forum is on **Tuesday 18 December** at **12.00pm** in the **Skainos building**, Newtownards Road. Please email trisha@ebcda.org or call 9045 1512 to confirm your attendance.

East Belfast Youth Providers Forum

The next meeting of the Youth Providers Forum, open to all youth workers in East Belfast, will take place on **Tuesday 8 January** at **2.00pm** in the **Skainos building**, Newtownards Road. Please email trisha@ebcda.org or call 9045 1512 to confirm your attendance.

Pottinger PACT Meeting

The next meeting of the Pottinger PACT (Partners and Community Together) will take place on **Thursday 17 January** at **7.00pm** in **Westbourne Presbyterian Church**, Lower Newtownards Road.

East Belfast Ethnic Minority Support Network

The next meeting of the network is on **Thursday 31 January** at **10.00am** in the **Micah Centre**, My Lady's Road. Please email trisha@ebcda.org or call 9045 1512 to confirm your attendance.

Could You Benefit From One to One Support?

East Belfast Community Development Agency (EBCDA) can offer you the opportunity to avail of up to 6 one to one sessions with a fully qualified Mentor. EBCDA have a group of Mentors for those wishing to avail of support outside of their organisations management structure. The mentors have been trained by the Youth & Community Dept at the University of Ulster, Jordanstown. If you wish to avail of this support or require further information contact Michael Briggs at EBCDA Michael@ebcda.org To read more detail about Mentoring you can download our report at this link <http://www.ebcda.org/PDFs/MentoringReport.pdf>.

Health Development and Connections Programme

“Transforming Your Care” – Roundtable discussion

Transforming Your Care (TYC) has been described as the biggest change in health and social care delivery in a generation and will have a massive impact on the voluntary and community sector in Northern Ireland. EBCDA and East Belfast Partnership are hosting a discussion event on **Thursday 10 January** from **2.30pm to 4.30pm** in **East Belfast Partnership’s offices** to give the community sector in East Belfast more information on TYC and gather views to help form a response. A representative from the Health and Social Care Board will also be in attendance. Please contact Marie Anne at marie@ebcda.org to confirm your attendance.

East Belfast Men’s MOT Health Clinic

EBCDA along with the Wise Men of the East Network will once again be supporting the evening men’s clinic at Hollywood Arches Health Centre with health promotion information on **Wednesday 5 December 2012 from 6pm till 8pm** and after a break over Christmas it will resume again on **16 January 2013**.

As we all know men are less likely to engage in preventative health checks, to make infrequent use of health services and usually present late with their problems which can mean reduced treatment options. However, in the past 24 months 190 men have made use of the evening clinic which is a modest beginning. The exit survey showed that the clinic experience for the majority of the men was a motivation to improve their health and that they had also thought about a strategy to carry this out.

The clinic is taken by District Nurses and is aimed at men who have **not** had contact with their GP in the past 12 months. The service offers men a 30 minute plus health assessment check up for their blood pressure, weight, blood sugar check, cholesterol check and an opportunity to discuss other general health issues. The results of raised blood sugar levels, cholesterol, prostate problems, raised blood pressure etc are forwarded onto GPs and the men are advised to follow this up.

As well as men being referred by their GP men can also **refer themselves** to the clinic by leaving their details on an answering machine 028 9056 3307 and they will be contacted about an appointment.

For further information contact Alan Houston, Health Development Worker, on 028 9045 1512 or email alan@ebcda.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. Session format is flexible but can include a general awareness talk with the opportunity to ask questions and access information on services. We 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

Community Suicide Prevention Information Packs

Information packs are now available from EBCDA with guidance and information on how you can play a role in preventing suicides in your community. For your pack please email clare@ebcda.org or call 028 9045 1512. You can also download a list of local service providers related to suicide prevention in East Belfast at <http://ebcda.org/PDFs/suicidepreventionserviceseastbelfastoctober2012.pdf>.

EBCDA Health and Wellbeing Week 2013 – Dates for your diary

An exciting range of events are currently being planned for the week commencing **28 January to 1 February 2013**. More information will follow in the weeks to come.

Volunteer Development Programme

Latest East Belfast Volunteering Opportunities

East Belfast Mission (EBM) is looking for Volunteers to get involved in Administration/Reception roles. This Front of house Reception manages the day to day communications and administration needs of East Belfast Mission. The roles involve answering calls, taking message, photocopying, incoming and outgoing post, room bookings, greeting members of the public, booking appointments, helping with EBM mail appeals, general office duties etc. Volunteer hours are Monday to Friday during office hours and training is provided.

The Dock is a pop up café in the heart of the Titanic Quarter run largely by volunteers. The Dock is a place for building community and, of course, community happens best over a cuppa! The volunteers keep the café running Monday to Friday 11.00am to 7.00pm and Saturday 11.00am to 5.00pm. They are currently looking for volunteers to get involved as a Café Volunteer or a Cleaning Volunteer.

If you are interested in any of these volunteer roles contact Katy Gaston, Volunteer Development Coordinator, on 028 9045 1512 or email katy@ebcda.org.

Christmas Connections

Does your organisation have short term or one-off volunteering opportunities connected to the festive season? Would you like help to promote these opportunities to potential volunteers? Then join in the Volunteer Now Christmas Connections Campaign!

Each year Volunteer Now get calls from people who are interested in doing something worthwhile as part of their Christmas celebrations. Christmas Connections aims to highlight the opportunities available with local organisations as early as possible so individuals and families can plan to get involved in something worthwhile. Perhaps you need volunteers to organise a party for your clients, someone to collect for a toy or hamper appeal, a friendly face for a bag pack, or maybe you simply need some extra elves and a special Santa to make an appearance at a fundraiser?

To get involved – simply upload your role to the Volunteer Now [website](#) and tick **Christmas Connections** under the **activities** section so users can select from all these opportunities. If you don't already manage your own account and would like to, please email the Volunteer Now outreach support team at opportunities@volunteernow.co.uk and they can set this up for you.

Volunteering “Street by Street”

Street by Street volunteering and community safety project continues to work in the Bloomfield/ Beersbridge and Woodstock/ Ravenhill areas. Due to the successes of these two areas the project has now expanded into the Ballymacarrett district. If you require more information on the project such as volunteering opportunities or help with addressing low level crime and anti social behaviour please make contact with East Belfast Alternatives on 07929422225/ 02890456766 or eastbelfast@alternativesrj.co.uk.

Volunteering Information

If you want more information about any of the volunteering opportunities above or want to find out about volunteering opportunities in East Belfast and beyond click [here](#) to fill in the online enquiry form or arrange an appointment with Katy Gaston, Volunteer Development Worker on 028 9045 1512 or email katy@ebcda.org.

An up to date list of volunteer opportunities across East Belfast can be found online by clicking [here](#). If you'd like to receive regular news about volunteering opportunities contact Katy.

2. Community News

Suicide Awareness Walk

On **Sunday 9 December 2012 at 1pm** Young People for Suicide Awareness will be leaving Hollywood Arches health centre going to Belfast City Hall to raise awareness for suicide prevention. It is hoped you can all join us for this event to help raise awareness on suicide prevention. A DVD will also be launched at the City Hall at 2pm where refreshments will be provided. The DVD has been made to highlight the issues around suicide and its impact on families and local communities. For more information search for "Walk for Suicide Awareness" on Facebook.

Christmas workshops at the Waterfront Hall

Scissors, glitter and paper at the ready for this festive workshop! With Christmas fast approaching this workshop will teach you how to make your own Christmas decorations including festive bunting as well as Christmas pom-poms. See your decorations take pride of place as part of the Waterfront's Christmas decorations, as well as bringing a selection home to add to your household's Christmas cheer! If you want to arrange a workshop for your group contact Mark de Conink on 028 9033 4423 or at deconinkm@waterfront.co.uk. Workshops are available until 7 December. They last for 60 minutes and cost £3 per person.

The impact of debt on individuals and households across Northern Ireland

Advice NI is taking a unique approach to finding out how debt is affecting people across Northern Ireland by facilitating an online discussion with everyone invited to log on to www.voiceni.net and have their say. Key findings will then be fed into a wider research project being carried out on behalf of the Centre for Economic Empowerment by NICVA and Advice NI into the nature, extent and impact of both illegal and expensive legal lending in Northern Ireland.

Advice NI can offer people access to Debt Action NI which is aimed at helping those most financially vulnerable in Northern Ireland. The service offers FREE, confidential and impartial debt and money advice services. The purpose is to help people manage their money and debt issues so they can take back control. It also aims to ease the stress and powerlessness people may feel about their financial situation. To participate in the online discussion, log on to www.voiceni.net. The eConsultation will run to **17 December**.

Winter Warmer at Refresh

From **Monday 12 November 2012 to Saturday 31 March 2013** Free Bread, Soup and Hot Drinks are available **Monday - Saturday from 10am to 2pm** in Refresh, 91 Ravenhill Road. A warm welcome to all.

Information Session on FASA's new Youth and Family Stress Centre

An information session on the new stress centre in Shaftesbury Square will take place on **Monday 17 December** from **2pm to 4pm** at the Equality Commission, Equality House, 7-9 Shaftesbury Square. If you wish to attend please contact James Scott at james@fasaonline.org or 028 90803040 by Wednesday 12 December.

Walkway Community Association Christmas Events

There will be a Christmas evening at Walkway Community centre for seniors on **Tuesday 11 December** from **7pm to 10pm**, with entertainment and supper provided. A "Carols in the Community" event will take place on **Wednesday 19 December at 7pm**, in partnership with Bloomfield Presbyterian church.

Help Your Service Users Get Prepared for Welfare Reform

With the announcement of huge changes to our benefits system, EGSA can support you in enabling your clients to take control of their options, build their confidence, look at their skills and plan for their future. Your clients may feel they have few skills to offer an employer or be unsure of how to get back into work. Our services are confidential and may be free in your area. If you would like further information please contact Lorraine Black on 028 9024 4274 or 07714835649 or email lorraine.black@egsa.org.uk

East Belfast Community Counselling Suicide Group Therapy Programme

East Belfast Community Counselling will be commencing a twelve session therapeutic programme to support people bereaved through suicide. For more information on this programme or to be informed when this will be starting please contact East Belfast Community Counselling on 028 9046 0489.

Substance Misuse Services

The Public Health Agency have published a list of Substance Misuse Services. Please click [here](#) to see the list. All services are delivered across the whole of the Belfast Health and Social Care Trust area.

Mum's Market NI Indoor Baby and Kids Christmas Market

Is happening on **Saturday 8 December 2012** from **10.30am to 1pm** in **Skainos**, East Belfast Mission, Newtownards Road. Over 40 stalls of original handmade crafts and unique new items to treat yourself or as a lovely xmas gift. As well as all our many pre-loved sellers with tons and tons of baby, kids and maternity items including toys, clothes and nursery equipment. Get there early for the best bargains!

Bracken Beacon Day Support Open Day

Wednesday 12 December 2013 between **10.30am to 3.30pm** at **Niamh**, 2nd Floor, 241 Newtownards Road, Belfast, BT4 1AF. Come along and visit our new day centre, talk to staff and members about our programmes and take the opportunity to visit the new Skainos complex. Please RSVP to l.mccullough@beaconwellbeing.org

Prince's Trust Team Programme

12 week personal development programme that starts on **Monday 7 January 2013** in Belfast Met. It includes a residential, work placements, interview prep, CV building and community work. It is for those 16-25 who are unemployed (they can be working part time/casually). It runs each day 9.30-3.30/4pm and is a free course. Those claiming JSA can still do so while 16/17 yr olds are entitled to a £30 allowance each week. Travel is also covered. As well as developing teamwork and employability skills we build confidence and social skills. Each young person will work towards 2 qualifications: ESK NUMERACY and a Level 1 or 2 Cert in Teamwork, Employability and Community Skills.

Please Contact Jennifer Campbell, Team Leader, Prince's Trust Team Programme/Belfast Metropolitan College on 028 90 533160 or email jennifercampbell@belfastmet.ac.uk

Sexual Health Education Facilitators Training Course

This course is designed for people who would like to develop their knowledge and skills to become providers of Sexual Health Education, as part of their current role and/or in the wider community in the Belfast area. This course has been accredited by the Open College network (OCN) as a Certificate in Sexual Health Education with 12 credits at Level 3. To complete this accreditation requires full attendance at 10 training days along with personal study and completion of course assignments. Applications are welcome from people working in either statutory or voluntary sectors within the Belfast Area who want to provide Sexual Health Education, with young people/adults. Places are restricted to 10 participants. ACET has been funded by the Public Health Agency to provide this accredited course in the Belfast area, therefore ACET can provide this course free of charge to the course participants. Dates in 2013 is Jan: Thursday 17th, 24th, 31st. Feb: Thursday 7th, 14th, 21st, 28th. Mar: Thursday 7th, 14th, 21st. All training will take place at Knockbracken Healthcare Park and will run from 10am to 4pm. For further information and to download an application form, please visit our training page at www.acet-ni.com/training2012-13 Alternatively, please contact Nigel Armstrong at nigel@acet-ni.com or telephone on 028 9032 0844.

East Belfast Mission Christmas Hamper Appeal

East Belfast Mission is looking for referrals for families who could benefit from a Christmas hamper over the Christmas period. Please forward details onto Megan Miller at megan.miller@ebm.org.uk or call 028 9045 8560 **before the week commencing 10 December** when EBM will begin to distribute the hampers. Donations of non-perishable goods are welcome and can be left in to the Skainos building. Contact Megan for more information.

Salvation Army Christmas dinner

The Salvation Army on the Cregagh Road will be holding their annual dinner on Christmas day for people on their own at Christmas. If you know of anyone who would benefit from this please contact Annie Cooke on 07876718527 or 90501342. You can also email annie-cook@sky.com. Contact Annie if you would also be interested in volunteering on the day.

Irish Language Classes

East Belfast Mission is running a series of courses and workshops in relation to the Irish language. Contact Linda Ervine, Irish Language Development Officer
On 07824348988 or email linda.ervine@ebm.org.uk.

Shorts Camera Club at The Dock Café

Following on from the autumn Shorts Camera Club 'My Titanic East Belfast' project, which was part of the first East Belfast Arts Festival, the club has now secured The Dock Community Café at the Odyssey as it's launch exhibition venue which will start in the week of **Monday 3 December**. For more information contact John Belshaw at johnbelshaw@hotmail.com.

3. Funding News

If you would like any assistance with applying for any of the funding opportunities below please contact Jonny Currie, Community Support Manager on 90 451512 or email jonny@ebcda.org.

Launch of Timebank Small Grants Programme

Volunteer Now is launching the 2013-14 small grants programme on 3 December to support organisations and communities across Northern Ireland to develop Timebanks. The Timebank initiative will give grants of up to £3,000 to explore ways of supporting people and groups in the community to share their skills and be rewarded in time. Information sessions will be held across Northern Ireland to support individuals and groups that are interested in applying for a grant to support the development of a Timebank that primarily supports and involves older people to take the lead in making a positive and lasting change in their community. Closing dates for completed applications is **25 January 2013**.

Information sessions about the small grant will be held in various locations:

- Enniskillen – Fermanagh House, 6 December, 2.00-4.00pm
- Ballymena – Library, 10 December, 11.00am-1.00pm
- Newry – Ballybot House, 11 December, 11.00am-1.00pm
- Belfast – Volunteer Now, Shaftesbury Square, 12 December, 11.30am-1.30pm
- Derry – North West Volunteer Centre, 13 December, 2.00-4.00pm

To register, contact natasha.weatherall@volunteernow.co.uk. For more information about Timebanking log onto the Volunteer Now [website](#).

Lloyds TSB Standard Grant Programme

This programme focuses on social and community welfare, and education and training. The average grant awarded is usually between £3000 -£4000. There are four closing dates per year, usually the second Friday of January, April, July and October (the next closing date is **Friday 11 January**). The dates for 2013 are listed below. The board meet to consider applications, normally during the first week of March, June, September and December, making the waiting time for a decision around 10 weeks from the closing date. You should be notified of the result of your application no more than 2 weeks after the Board have met.

Visit www.lloydstsbfoundationni.org for more information.

Santander Foundation

This programme is open all year round for small grants of a few thousand pounds with a focus on education/training and financial capability. Visit www.santanderfoundation.org.uk for more information.

Belfast Policing and Community Safety Small Grants

Community and voluntary groups or organisations in Belfast can now apply to the District Policing and Community Safety Partnership's 'Open call' for funding to deliver community safety services. The proposed projects should focus on helping local DPCSPs achieve local priorities, like tackling antisocial behaviour and drug and alcohol misuse. Organisations can apply for between £5,000 and £10,000 for activities which run up to, and including, 31 March 2013. These activities must support innovative good practice and make a real difference to community safety, policing and people's lives.

The deadline for submissions is **12pm on Monday 17 December 2012**. Email submissions will not be accepted. For more information visit <http://www.belfastcity.gov.uk/pcsp/funding.asp>.