



## **East Belfast Community Development Agency eBulletin**

EBCDA's eBulletin is distributed on the **first and third 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](mailto:trisha@ebcda.org) on the Tuesday before by **11.00am**.

- 1. EBCDA News**
  - 2. Community News**
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### **1. EBCDA News**

#### **Community Support**

#### **Electoral Registration and FREE ID card Event**

On **Thursday 14 March** (from the afternoon to evening, exact times TBC) EBCDA will be hosting an electoral registration event, in partnership with the electoral office, at **Westbourne Church**, Newtownards Road. You can fill in an electoral registration form and request a free identity card. Further details will be made available once times are confirmed.

If you bring along your national insurance number and proof of address your photo can be taken. Your electoral card will then be posted out once you are added to the register.

#### **East Belfast Community Workers Forum**

The Community Workers Forum meets again on **Tuesday 19 February** (venue TBC) at **12.00pm**. Please confirm your attendance by contacting Trisha at 9045 1512 or email [trisha@ebcda.org](mailto:trisha@ebcda.org).

#### **East Belfast Ethnic Minority Support Network**

The Support Network's next meeting is on **Thursday 28 February** at **10.00am** in the **Micah centre**, My Lady's Road. The meeting will include a presentation from the Belfast tension-monitoring project. Please confirm your attendance by contacting Trisha at 9045 1512 or email [trisha@ebcda.org](mailto:trisha@ebcda.org).

#### **East Belfast Youth Providers Forum**

The next meeting of this forum is on **Tuesday 5 March** at **2.00pm** in the **Skainos** building. This meeting will follow up on the issues raised at the February workshop. Please confirm your attendance by contacting Trisha at 9045 1512 or email [trisha@ebcda.org](mailto:trisha@ebcda.org).

## **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](mailto: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**

### **East Belfast Men's MOT Health Clinic**

EBCDA along with the Wise Men of the East Network is supporting the evening men's clinic at the Arches Centre. The clinic will take place tonight and 19<sup>th</sup> February.

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](mailto:alan@ebcda.org).

## **Could your Organisation host Suicide Prevention Training?**

EBCDA currently has funding in place to cover the costs of delivering Suicide Prevention and Awareness training. We are looking for community and voluntary groups to host training events across East Belfast. Organisations can hold training for staff, volunteers and local people however EBCDA can also help to publicize training more widely to ensure good attendance. There are a range of programmes available for different ages and target groups, to find out more contact Clare James [clare@ebcda.org](mailto:clare@ebcda.org) or call 028 9045 1512. Funding is limited so please make contact early to avoid disappointment.

## **ASIST Training**

**Skainos Building, Newtownards Road Thursday 14 & Friday 15 March 2013 from 9.15am to 4pm (you need to attend both sessions)**

ASIST (Applied Suicide Intervention Skills Training) is for those who want to feel more comfortable, confident and competent in helping to prevent the immediate risk of suicide. Over one million people worldwide have participated in this two-day, highly interactive, practical, practice-oriented workshop. You do not need any previous experience or training to attend however if you have previously taken part in Safetalk or PIPS training then ASIST will build on the skills and knowledge you have already gained. You must be aged 16 or over to attend this course. You must attend both full days. Refreshments and lunches will be provided. To register please contact Marie Anne McMillan at EBCDA via email [marie@ebcda.org](mailto:marie@ebcda.org) or phone 028 9045 1512.

## **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](mailto: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](mailto: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>.

## **Volunteer Development Programme**

### **Latest East Belfast Volunteering Opportunities**

Put your time to good use this March and become a collector for the Great Daffodil Appeal with Marie Curie. By sparing just an hour or two, you'll help them nurse many more people with terminal illnesses. Each March, thousands of people take to the streets to collect vital funds for the Great Daffodil Appeal. And this year they're asking you to play your part by simply encouraging people in your area to give a donation for a Marie Curie daffodil pin. Whether you're new to collecting or an old hand, they'll help you get the most out of your day and your collection tin. Every penny you raise will make a great difference to people in their final hours. Find out how to get involved by clicking [here](#).

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](mailto:katy@ebcda.org).

## **Could your Organisation Benefit from a Saintry Army of Volunteers?**

Volunteer Now in partnership with Business in the Community is organising a day of voluntary action on **Friday 15 March**. "Be a Saint – Volunteer" is an annual event that encourages employers to release their employees (in teams) to undertake volunteering projects in the community.

Many local charities have already received valuable help with a range of projects. Private and public sector organisations are now realising that team volunteering brings the opportunity for their employees to 'get together' away from the usual work environment and use their skills and experience to help others. Projects must be time limited to one day, be realistic in the nature of the work and offer a positive experience of 'volunteering'. Past projects have included conservation/gardening work, decorating, mural painting and DIY.

Please contact [lindsay.armstrong@volunteernow.co.uk](mailto:lindsay.armstrong@volunteernow.co.uk) if your organisation has a challenge which could be promoted as part of the programme or if you would like advice on how to benefit.

## **Volunteering at the Glasgow 2014 Commonwealth Games**

Inspired by the Games Makers of 2012? The Glasgow 2014 Commonwealth Games will be the biggest sporting and cultural event Scotland has ever seen, and at the heart of every successful Games are the volunteers. They're the people who give up their valuable time to make sure everything runs smoothly and that everyone's experience of the Games is a fantastic one. Without them the Games couldn't happen.

That's where you come in! Glasgow 2014 is looking for up to 15,000 people to become volunteers. This is your chance to play a key part in the experience. Who knows, you might be the lucky person who shows Sir Chris Hoy into his very own velodrome.

Not all of the roles will be high profile and many might be away from the athletes. They are all, however, crucial to the success of the Games. So if you're a friendly person who's committed to helping make this the best party that Scotland has ever thrown, then get involved! Go to <http://www.glasgow2014.com/join/volunteering> to apply.

## **Finding the right volunteers for your organisation**

Every quarter EBCDA's Volunteer Project produces 'Volunteer News', a newsletter detailing East Belfast volunteering opportunities and the latest news for all things volunteering. It's a great way to get the word out about how volunteers can get involved in your organisation and your projects. To see the last edition click [here](#).

If you have opportunities for volunteers at the moment send details of the role and your organisation to Katy Gaston, Volunteer Development Coordinator, on 028 9045 1512 or email [katy@ebcda.org](mailto:katy@ebcda.org) to advertise them in the next edition of 'Volunteer News'.

## **VIO 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 Volunteer Involving Organisation (VIO) Network run by EBCDA to gain some training on volunteer management, chat through your challenges and share ideas. There's a chance to gain some knowledge, network with other organizations and learn a bit more about looking after volunteers.

If you'd like to become a part of VIO Network or attend the meeting on Tuesday 22 January please inform Katy Gaston, Volunteer Development Coordinator, on 028 9045 1512 or email [katy@ebcda.org](mailto:katy@ebcda.org).

## **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 Coordinator on 028 9045 1512 or email [katy@ebcda.org](mailto: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**

### **GEMS NI Job Clubs**

GEMS are running a series of weekly "job clubs" across East Belfast for employment guidance and advice. They take place in the following locations:

Monday - Enler Centre Ballybeen - 1pm to 4pm

Tuesday - Brooklands Youth Centre - 1pm to 4pm

Wednesday - Cregagh Community Centre - 1pm to 4pm

Friday - Hanwood Centre Tullycarnet - 10am to 12pm

First Tuesday of every month 10am to 12pm Tullycarnet Community Services

For more information contact Aileen Graham on 028 90332313 or email [a.graham@gemsni.org.uk](mailto:a.graham@gemsni.org.uk).

### **Celebrations in Victoria Park Playground Refurbishment Launch**

Everyone is invited along to a free fun day at **Victoria Park** to celebrate the opening of the park's newly refurbished playground on **Saturday 9 February 2013** from **9am – 12pm**, there is something for everyone at this special launch day. Children and families are welcome to come along to explore and enjoy Victoria parks exciting newly refurbished playground and test your fitness by joining in Orange grove athletics fun endurance course. All are encouraged to come learn all about birds and their habits, where experts will be on hand to catch and record the various bird species in the park.

Come and watch a boxing demonstration with our temporary boxing ring and join the coaches as they teach essential skills. Or if you'd like something a little different why not test your BMX skills with a free coaching lesson from T13's local coaches, who will also demonstrate their expertise on Victoria parks BMX course. And as a little reminder of your day at Victoria, why not join us in decorating your own plant pot and planting a little seedling to watch grow at home.

Staff and volunteers from Belfast City Council and Connswater Community Greenway will also be in attendance and hosting an information session to answer any questions and offer information on the plans for the Connswater Greenway. Children must be accompanied by an adult when participating in the activities and everyone is asked to wear suitable clothing and footwear.

Further information can be found on our website [www.belfastcity.gov.uk/parks](http://www.belfastcity.gov.uk/parks)

### **NI LGB&T Survey**

The Rainbow Project wants to hear from LGB&T people from throughout NI about their mental health experiences and needs. The survey can be completed on [www.rainbow-project.org/survey](http://www.rainbow-project.org/survey) and the closing date is Friday 15 February 2013.

### **FRESH Programme**

FRESH is a twice weekly 12 week healthy lifestyle programme for overweight young people aged 11-14 years old who want to: become more active, learn about a healthy lifestyle, get motivated and feel good about themselves and have fun and make new friends. The programme starts mid February 2013 in Connswater Community Centre, Belfast. For more information please contact 028 9063 1790 or email [fresh@belfasttrust.hscni.net](mailto:fresh@belfasttrust.hscni.net)

The programme is after school, it's FREE and offers young people: 2 hours of fun physical activity each week, information on healthy food choices and changing behaviour and information and support for parents.

## **Parenting Support in Skainos**

In February and March, Parenting NI and East Belfast Mission will be hosting programmes designed to support local parents and their children.

Parenting NI's 6 week "Sink or Swim" course will be held on **Tuesdays** from **10.00am to 12.00pm**, beginning **19 February** and ending **26 March**. The classes deal sensitively with issues faced by children when a parent is emotionally unwell, and they aim to address the needs of both children and parents who are facing anxiety. To register for the programme, contact Megan Miller on 9045 8560 or [Megan.Miller@ebm.org.uk](mailto:Megan.Miller@ebm.org.uk)

On **9, 23 February** and **9, 23 March**, EBM will be holding a series of "Dads' Days," which will include interactive activities, games and free breakfast. These Saturday sessions will run from **10.00am-12.00pm** and are open to dads (or other male guardians) and their children aged 0-6. For more information please contact Mark Davis on 028 9045 8560 or email [Mark.Davis@ebm.org.uk](mailto:Mark.Davis@ebm.org.uk)

## **Brian Houston Live Acoustic Night**

The concert will be held on **Saturday 23 February 2013** at **8pm** in **Willowfield Church**. Born in East Belfast and growing up in the 70's, Brian's unique song writing skills are influenced from old time gospel tunes and American country. He has an amazing singing voice and adding his unique story telling talent - this is an evening not to be missed. Brian has toured the United States and the UK and has appeared to sell out nights in the Grand Opera House here in Belfast. He has supported Van Morrison, Chuck Berry and Elvis Costello and has been hailed as "one of Britain's great songwriters"

Tickets are £12 for more details please go to [www.willowfieldchurch.co.uk/brianhouston](http://www.willowfieldchurch.co.uk/brianhouston)

## **Winter Warmer at Refresh**

Until **Saturday 31 March 2013** Free Bread, Soup and Hot Drinks are available **Monday - Saturday** from **10am to 2pm** in **Refresh**, 91 Ravenhill Road. More details please contact Richard Waller, Willowfield Parish Community Association and Willowfield Parish Church on 028 9045 0885.

## **Boot sale and coffee morning in Willowfield Parish Church Hall**

These occur on the second and fourth Saturday of the month from 10am - 12noon. Everyone welcome. If you would like a table these can be booked for £5. More details please contact Richard Waller, Willowfield Parish Community Association and Willowfield Parish Church on 028 9045 0885.

## **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](mailto:lorraine.black@egsa.org.uk)

## **Safeguarding Adults at Risk Information Hub - Prevention and Protection in Partnership**

Free lifetime membership for NI Voluntary & Community Sector Organisations and Groups, simply contact us at [www.saarih.com](http://www.saarih.com) SAaRIH, Farset Enterprise Park, 638 Springfield Road, Belfast BT12 7DY. Telephone 028 9024 3022 Email: [info@saarih.com](mailto:info@saarih.com)

Membership of the Safeguarding Adults at Risk Information Hub (SAaRIH) is now available free to all 'not for profit' voluntary and community organisations in Northern Ireland. This initiative is funded by the Department of Health, Social Services and Public Safety which recognises the vital and extensive adult safeguarding role that is undertaken by Voluntary and Community organisations. The website is a high quality online central information resource for all those who are interested in and have responsibility for safeguarding adults. By enrolling your organisation or group you will be able to avail of free lifetime membership to the SAaRIH. The SAaRIH is updated daily and contains all relevant information from Northern Ireland. It also includes a wide range of information from the Republic of Ireland, England, Scotland, Wales, Europe and beyond.

## **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.

## **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](mailto:linda.ervine@ebm.org.uk). Classes currently offered include: Beginners Class on Monday at 7pm-9pm, Intermediate Class on Tuesday at 6.30pm-8.00pm and Total Beginners Class on Wednesday at 7pm-9pm. All the class are held in Skainos.

## **Take Part in the Addiction NI 10k**

Following the success of our 2012 event, Addiction NI has organised another 10K race at **Ormeau Park** on **Sunday 10 March 2013** and you're invited to take part! The race will start at **1pm** and see competitors' complete laps of Ormeau Park to see who will pick up the coveted first place finish.

Officially sanctioned by Athletics NI, the Addiction NI 10K Run is aimed runners of all ability levels, over the age of 16, so it's a great chance to set a new fitness goal, and timed 8 weeks before the

Belfast City Marathon it will be an ideal event for those with a training schedule. To register now please [visit the NI Athletics website](#) or go to [addictionni.com](http://addictionni.com) for full details about the race.

Teams and individuals are encouraged to register early, and proceeds from the £13.75 fee will help fund our vital work. You can also create a page on VirginMoneyGiving if you'd like to collect further sponsorship from friends, family and colleagues.

## **Willowfield Parish Community Association, activities for children**

Kidz Klub After-Schools club is a safe and fun environment for children to do their homework and then have some fun playing consoles, using our computer suite, doing crafts, playing games etc. It runs in **The Micah Centre** every **Tuesday and Wednesday** from **2pm to 3pm for P1 to P3's** and **3pm to 4pm for P4 to P7's** during term time.

Girls Group, is for girls in P4 – P7, it takes place on **Thursdays** at **3.30pm – 4.30pm** in The Micah Centre. We do a variety of activities including games, crafts, cookery, trip, etc.

Full 90 takes place in **Willowfield Church Halls** on **Thursdays** at **4:30pm – 6:00pm** for boys in P4 to P7. Could you be the next Lionel Messi? Or Andy Murray? Or Andrew Trimble? Why not come along and join us for lots of fun, and to try out loads of different sports.

Lads Club is for boys in P5 – P7 we meet on **Friday** nights in the Micah Centre at 6.30pm – 7.45pm. We do a variety of workshops including DJ'ing, drumming, photography as well as normal youth club activities

Kidz Klub is our main junior youth club which takes place each **Friday** during term time at **6.30pm – 7.45pm**. The club runs in our church hall on the Woodstock Road (opposite the police station) for children in P1 – P7. We have a variety of activities including sport, craft, music, cookery, video games and many other fun activities. During the club we also have a drop-in for parents.

## **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](mailto:jonny@ebcda.org).

Funder	Description	Amount	Deadline	Contact
<b>Belfast City Council</b>	Summer Intervention Fund	Up to £5000	1 March 2013	<a href="http://www.belfastcity.gov.uk/goodrelations/funding.asp">http://www.belfastcity.gov.uk/goodrelations/funding.asp</a>
<b>Belfast City Council</b>	Summer playscheme grant	Up to £3000	1 March 2013	<a href="http://www.belfastcity.gov.uk/funding">http://www.belfastcity.gov.uk/funding</a> 028 90 320202 ext 3542 (Jenny Oliver - North and East) or 3544 (Seoirse Caldwell - South and West). : <a href="mailto:stevensonj@belfastcity.gov.uk">stevensonj@belfastcity.gov.uk</a>
<b>Belfast City Council</b>	Community Project grant	Up to £1000	1 March 2013	<a href="http://www.belfastcity.gov.uk/funding">http://www.belfastcity.gov.uk/funding</a> 028 90 320202 ext 3542 (Jenny Oliver - North and East) or 3544 (Seoirse Caldwell - South and West). <a href="mailto:stevensonj@belfastcity.gov.uk">stevensonj@belfastcity.gov.uk</a>
<b>Lloyds TSB Foundation</b>	Grants for community need/education and training	Up to £4000	Friday 12th April (Quarterly)	<a href="http://www.lloydstsbfoundationni.org/">http://www.lloydstsbfoundationni.org/</a> 028 9032 3000
<b>Tesco</b>	Children's	Up to	31	<a href="http://www.tescopl.com/media/142631/community">http://www.tescopl.com/media/142631/community</a>



<b>Charity Trust</b>	education and welfare/elderly/people with disabilities	£4000	March	<a href="#">award_guidelines.pdf</a>
<b>Turkington Fund</b>	Projects that are planned and run by and for older people.	Up to £3000	Tuesday 9 <sup>th</sup> April  Tuesday 28 <sup>th</sup> May 2013	<a href="http://www.communityfoundationni.org/grants">www.communityfoundationni.org/grants</a> or call 02890 245 927
<b>BIG Lottery</b>	Awards for All - general voluntary and community activity	Up to £10,000	Rolling	<a href="http://www.biglotteryfund.org.uk">www.biglotteryfund.org.uk</a>  BIG Advice Line 028 9055 1455
<b>BIG Lottery</b>	Culture for all - bringing people together to enjoy a range of arts and culture activities	Up to £10,000	30 August 2013	<a href="http://www.biglotteryfund.org.uk">www.biglotteryfund.org.uk</a>  BIG Advice Line 028 9055 1455
<b>Santander Foundation</b>	Funding for salaries, equipment or materials	Up to £5000	Rolling	<a href="http://www.santanderfoundation.org.uk">www.santanderfoundation.org.uk</a> or <a href="mailto:grants@santander.co.uk">grants@santander.co.uk</a>