



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 on the Tuesday before by **11.00am**.

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1. EBCDA News

Community Support

#Inspire Youth Event and Launch

On Saturday 23 March, #Inspire will be held at Skainos for 14-20 year olds from East Belfast, to highlight the opportunities around volunteering, further education and employability. The event will run from 10am-7pm, and will include interactive workshops and taster sessions on areas including careers advice, art, music and media, sport and coaching, and food. There will also be several speakers throughout the day, who will highlight the opportunities around volunteering. Please see attached flyer for more details.

A lunchtime meeting will be held for youth workers on **Friday 8 March 2013**, from **1pm - 2pm**, in **East Belfast Partnership**, 278-280 Newtownards Road, to give more information on #Inspire. Lunch will be provided. Please RSVP to Cailin Hardy, at cailin@eastbelfastpartnership.org, or call 9045 1900.

Electoral Registration and FREE ID card Event

On **Thursday 14 March** from **2.00pm to 8.30pm**. 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 next Community Workers Forum will take place on **Tuesday 19 March 2013** at **12.00pm** in **Greenway Women's Centre**. To register your attendance please contact Trisha at trisha@ebcda.org or call 9045 1512.

Welfare Reform: how will it impact on me? – Open Meeting

On **Thursday 21 March 2013** from **7.00pm to 9.00pm** in **Westbourne Church** a meeting will take place with information on welfare reform changes, what the impact will be, and what support is available. There will be a

presentation from East Belfast Independent Advice Centre and a panel discussion.

East Belfast Youth Work Practitioners Forum

The next meeting of this forum (formerly known as the Youth Providers Forum) is on **Tuesday 9 April 2013 at 2.00pm** in **Willowfield Church Halls**, Woodstock Road. There will be a presentation from Volunteer Now on new safeguarding regulations. To confirm your attendance please contact Trisha at trisha@ebcda.org or call 9045 1512.

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

Choose to Live Better Event

EBCDA's Health Team are hosting a **Choose to Live Better** event in partnership with the Public Health Agency in **Connswater Shopping Centre** on **Wednesday 20 March 2013** from **11am - 2pm** in the main foyer.

The event will have chefs onsite cooking healthy low budget meals to promote healthy eating and there will be video demonstrations of how to measure your waist correctly with free tape measures for all participants. There will also be fitness and fun with Boxercise and onsite checks for Body Mass Index , Blood Pressure, Carbon Monoxide Checks for Smokers and information on Cancer Prevention based around lifestyles. Participants will also have the opportunity to have a Diabetes Risk Assessments completed on the day!! For further information please contact Sharon Traynor on 028 90451512 or email Sharon@ebcda.org.

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 clinics will take place on **Wednesday 13 March and Wednesday 27 March 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.

Bikeway East Cycle Club

To help others get involved in cycling again a free MOT bike check and short cycle is planned for **Friday 8 March 2013** from **10am** at **Avoniel Leisure Centre** with road training provided by Sustrans Volunteer & Community Liaison Officer Patricia Wallace. A recruitment drive is also planned at Connswater Retail Centre and Avoniel Leisure Centre for March when water bottles and reflectors etc will be given away. To find out about cycle outings and further information please 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/suicidepreventionserviceeastbelfastoctober2012.pdf>.

Volunteer Development Programme

Latest East Belfast Volunteering Opportunities

East Belfast Mission is seeking Children's Volunteers to develop their children's programme 'Fusion' in Skainos. Fusion is on Fridays from 6.30pm - 8.00pm for children in P1 - P7. They play games, make crafts and have fun. Through building relationships with their peers and with positive role models, children gain confidence and skills to help them succeed in the daily tasks of life. EBM is looking for people who are aged 18+ and who demonstrate a passion for inner city children as well as the enthusiasm and energy required to work with children. All relevant child protection and other training will be given. This role is subject to an Access NI check.

East Belfast Partnership is looking for volunteers who enjoy walking and socialising, to lead or co-lead community walking groups in Inner East Belfast. Several groups meet on a weekly basis and walk routes in the local area, and further outside the city. The role will involve communicating with your assigned community group, leading the walk and motivating group members while safeguarding the health and safety of the group. Volunteers will receive a one day training session, which will cover all skills and information required for the role, and volunteers will be given regular support meetings, of an informal nature, with the Volunteer Coordinator. Commitment is flexible and ideally will be 2-3 hours a week for 3 months, with an immediate start date following training.

Are you seeking a voluntary work placement or internship opportunity that gives you real business experience? Oasis Caring in Action are offering the opportunity of a work experience placement within their social economy business projects where you will have the opportunity to contribute to the development & implementation of an effective marketing plan. To be successful in securing a voluntary placement with them you will have completed a minimum of one year of undergraduate studies in a relevant subject and be available for at least 3 months for a minimum of 7 hours a week. The potential for a full time, year long voluntary work experience placement is available.

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.

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 2013**. "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 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.

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](#).

Writing adverts to recruit volunteers is far more difficult than people might think. Some organisations are lucky enough to have a marketing team to do this for them. But for most people who recruit volunteers chances are they have just been on a short course to learn the basics or, more often or not have received no training at all - so it's not surprising then that some volunteer adverts can be a little...uninspiring. With this in mind IVO, the network for social change, have compiled a few basic tips to consider before you write your ad. Click [here](#) to read the article.

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 to advertise them in the next edition of 'Volunteer News'. The deadline for submissions is **Thursday 28 March 2013**.

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 organisations and learn a bit more about looking after volunteers.

If you'd like to become a part of VIO Network please inform Katy Gaston, Volunteer Development Coordinator, on 028 9045 1512 or email 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.

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

Field Study Centre "Kids Fund"

Field Study Centre "Kids Fund" aimed at socially disadvantaged youth/community groups and offers up to £3k for an FSC educational experience – it may be a good way to kick-start some Summer schemes/projects for young people in East Belfast to start with and then the wider city. A new Field Study Centre is being established in Titanic Quarter and they are keen to have applications from East Belfast. Check out this link for further information <http://www.field-studies-council.org/supporting-you/the-kids-fund.aspx>

New Eco-Home programme helps householders save money and the environment

Environmental charity TIDY Northern Ireland are delighted to announce the launch of their new Eco-Home programme with support from Belfast City Council and the Department of the Environment's Rethink Waste Campaign. Eco-Home

is an exciting new environmental programme created to promote waste prevention and sustainable living to all householders throughout the Belfast City Council area. Participants carry out simple actions and change their environmental behaviours in small ways that can make a big difference. Those who implement the programme should benefit through a reduction in the amount of waste they produce and through money saved from lower fuel and energy bills, whilst at the same time knowing they are helping to save the environment.

Households throughout Belfast are being invited to take part in the programme either as an individual householder or as part of a group. Households can register online at www.eco-homeni.org. Those without internet access can register by calling the Eco-Home team at TIDY Northern Ireland on 028 9073 6920. Those who register and complete the programme will be entered into a prize draw where they will have a chance to win one of three 'eco-hampers' to the value of £75, comprised of various household items that will help participants act in environmentally friendly ways in the home.

East Belfast Jazz Club

Dance or listen to the best in traditional jazz the last Friday in every month from 8.30pm-11pm in The Downshire Hall (top of Cregagh Road beside shops at corner of Downshire Park Central). Music by Trevor Foster, Bill Bryson, Victor Staley, Bill Dickson, Tony Martin and Caroline Brown on vocals. Plus dancing and special guest musicians appearing each month. B.Y.O. Everyone Welcome, for further info please contact George Smyth on 02890 796024 or email georgesmyth@btinternet.com

Changes to Welfare Right and Benefits Talk and Discussion

Stepping Stone working in partnership with Castlereagh Borough Council will be hosting two talks and discussions with speaker Kerry O'Reilly, Adviser for Castlereagh Council Independent Advice Services in **Moneyreagh Community Centre** on **Wednesday 6 March 2013** at **7pm** and in the **Enler Community Centre, 9 Craigleith Drive, Ballybeen** on **Tuesday 12 March 2013** at **7pm**. All Welcome and tea and coffee available. For more information please telephone 028 9045 8560.

International Women's Day

On **Friday 8 March 2013** in **The Ulster Hall** from **10am to 6.30pm** and Free admission to all events.

Celebrate International Women's Day at The Ulster Hall with a full day's programme of specially themed events and workshops which includes Writing from the Past: 10am - 12pm, Photography in Response: 10am - 12pm, Free guided tour of The Ulster Hall: 12pm - 12.45pm, Soul Ambition Sofa Session: 1pm - 2pm, African Song and Drum Workshop, hosted by Beyond Skin 2.30pm - 3.30pm, Special Bedford Street Book Club: 2.30pm - 3.30pm, Short Lecture: 4pm - 5pm, All You Can Do Is Ask?: 5.30 - 6.30pm. Places on all workshops (apart from Soul Ambition Sofa Session) must be booked in advance by contacting Jan Carson at: carsonjan@belfastcity.gov.uk

Young Mums Group

If you are a mum or a mum-to-be aged 25 years or under and wish to get to know other young mums, to develop friendships and support, to have fun and learn some new skills then this is the project for you! **'Funday' at Walkway Community Centre** on **Saturday 9 March 2013** from **2pm – 4pm** There will be face painting, magician, pampering for mums and info on programme on the day. The Young Mums Group will run every Thursday from 10am to 12pm starting on Thursday 14 March 2013 in Walkway Community Centre, 1-9 Finvoy Street, Belfast, BT5 5DH. Creche facilities and transport available.

For more information please contact Catriona McCabe, Area Youth Worker on 07739 329 251

Braniel Community Association Annual General Meeting

Braniel Community Association's Annual General Meeting will take place on **Tuesday 12 March** at **7.00pm** in **Braniel Primary School**. All are welcome.

Older People's Project

As part of our 'Older People's Project' in in Carew II you are invited to join us for trips to Clifton House (Belfast) - former Poor House on **Wednesday 13 March 2013 at 10.00am** and a tour of Crumlin Road Jail on **Wednesday 27 March 2013 at 10.00am**. Seats must be booked in advance – to reserve a place on either of these trips contact Carew II Family & Training Centre on 02890 451730. Come and join us for an excellent day out!

How the Assembly Works Training Session

The NI Assembly community outreach team is delivering a **free** training session on 'How the Assembly Works' on **Tuesday 19 March 2013 in Parliament Buildings**. The Programme includes: 9.45am Arrival and registration, 10.00am How the Assembly works, 11.30am How Committees work, 12.00pm Viewing of plenary session, 12.30pm Tour (*optional*), 13.00pm Close. The aim of the training is focussed on improving your ability to engage with the Assembly. By the end of the training you will know: Work of the Assembly vs. work of the Executive, The Speaker and his role, The Assembly week and when business is scheduled, Committees, how they plan their work and the best way to communicate with them. The training is targeted for: those with little or no understanding of how the Assembly works at present, those who want to promote greater understanding of the work of their organisation through more effective communication with the Assembly and its MLAs.

To register your interest in attending, please email outreach@niassembly.gov.uk, or call 028 9052 1195. Places will be allocated on a first come first served basis. Feedback has been great and so places fill up quickly. However, the Get to Know the Assembly sessions are delivered regularly so there will be other opportunities later if you cannot get a place on this session.

Women's Health & Culture Day Event

Greenway Women's Centre will be hosting an International Women's Health & Culture Day event on **Thursday 21 March 2013 from 10.30am to 12.30pm**. The event is being held as part of their Live and Learn Project, funded by Big Lottery through Women's Centres Regional Partnership. Stalls include: Allergy Testing, Minority Ethnic Employability Support Project (GEMS), Marie Curie, Breast Cancer Awareness (WRDA), The Big Lunch, Suicide Awareness and many more... If you are interested in attending the event please contact Greenway's Training Support Officer, Helen Smyth on 028 9079 9912 or email: training@greenwaywomenscentre.org. There are also a range of other events and programmes, so contact Greenway for more information.

Mind Your Mate Training

On **Saturday 23 March 2013 in Tullycarnet Community Centre at 10am to 1pm**. Mind Your Mate is a 3 hour training programme aimed at young people aged 16-24. It gives young people the skills to look out for each other and to look after their own mental health. The training aims to: help young people understand why someone may become suicidal, allow young people to identify the signs that a friend may be at risk, help young people to communicate with a friend who may be at risk and to enable a young person to link someone at risk to appropriate support. To register please contact Michelle on 028 9050 1133

GEMS NI Job Clubs and Rapid Impact Programme

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

GEMS are also running a new "Rapid Impact" programme offering mentoring and further support as a follow-on from the Steps to work programme.

For more information contact Aileen Graham on 028 90332313 or email a.graham@gemsni.org.uk.

'Have Your Say Belfast' Survey Response

Belfast Strategic Partnership, through its Mental Health and Emotional Wellbeing Group, invite you hear about the biggest and broadest conversation Belfast has ever had about its own emotional wellbeing told by citizens themselves in their response to the 'Have **Your Say Belfast**' Survey in the **Cathy Short Theatre, Unit 4, Jennymount Business Park, North Derby Street, Belfast, BT15 3HN** on **Wednesday 27 March 2013** from **9am – 12pm**.

To book your place at this workshop please RSVP to Jim.morgan@bhdu.org or telephone (028) 9050 2073

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. A warm welcome to all. More details please contact Richard Waller, Willowfield Parish Community Association and Willowfield Parish Church on 028 9045 0885.

An evening with Peter Corry and Festival Brass'

On **Saturday 6 April 2013** in **Willowfield Parish Church**. Tickets are priced at £14.00 online from www.willowfieldchurch.co.uk/peter Tickets on sale at £12 are available from the church office, 290-296 Woodstock Road or from Matchetts Music (Wellington Place) or Belfast Music (24 Hanwood Business Park). **Doors open: 7pm**
Concert starts: 7.30pm.

All proceeds will go toward the re-development of Willowfield Parish Church Halls, a space used to run church and community programmes on the Woodstock Road, East Belfast.

"From the Shipyard to the Somme"

The 36th (Ulster) Division Memorial Association is pleased to announce that from the **13 - 18 May 2013** in partnership with the Arts Council of Northern Ireland; Fintan Brady the Artistic Director of Partisan Productions and Jonathan Burgess from Blue Eagle Productions we will stage a play in **Connswater Community & Leisure Centre**, starting at **7.30pm** each night called "From the Shipyard to the Somme". Admission to the play reflects the current economic climate and is set at £5 with a reduction to £2 for pensioners whilst under 12's are free. For more information please email shipyardtothesomme@yahoo.co.uk

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.

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.

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.

Funder	Description	Amount	Deadline	Contact
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Lloyds TSB Foundation	Grants for community need/education and training	Up to £4000	Friday 12th April (Quarterly)	http://www.lloydstsbfoundationni.org/ 028 9032 3000
Tesco Charity Trust	Children's education and welfare/elderly/people with disabilities	Up to £4000	31 March	http://www.tescopl.com/media/142631/community_award_guidelines.pdf
Red Nose Day Community Cash Grants	Community activities for small groups	£500 - £1000	8 th March	www.communityfoundationni.org/grants 028 9024 5927
Ireland Funds	Innovative approaches to social need	Around 5000 Euro	28 th March	www.theirelandfunds.org T - (01) 662 7878 E - grantsinfo@irlfunds.org
Turkington Fund	Projects that are planned and run by and for older people.	Up to £3000	Tuesday 9 th April Tuesday 28 th May 2013	www.communityfoundationni.org/grants or call 02890 245 927
BIG Lottery	Awards for All - general voluntary and community activity	Up to £10,000	Rolling	www.biglotteryfund.org.uk BIG Advice Line 028 9055 1455
BIG Lottery	Culture for all - bringing people together to enjoy a range of arts and culture activities	Up to £10,000	30 August 2013	www.biglotteryfund.org.uk BIG Advice Line 028 9055 1455
Santander Foundation	Funding for salaries, equipment or materials	Up to £5000	Rolling	www.santanderfoundation.org.uk or grants@santander.co.uk