

# **East Belfast Community Development Agency eBulletin**

EBCDA's eBulletin is distributed on the 1<sup>st</sup> and 3<sup>rd</sup> 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**

#### **Social Investment Fund Consultation Clinic**

The Social Investment Fund (SIF) was agreed by the Northern Ireland Executive to tackle some of the causes and effects of poverty, disadvantage and dereliction in areas of Northern Ireland. The fund will target those areas and communities where the issues are clearly seen to be having an impact on the quality of lives and opportunities for communities. The focus of the work will be on supporting communities to gain employment and training, tackling issues such as poor mental and physical health while improving the facilities and look of an area. The Executive has set aside £80m to deliver the fund. Steering groups have been appointed to co-ordinate the development of strategic area plans in each of the 9 social investment zones over the next few months.

Given the focus on finalising area plans and moving to the delivery stage, Copius Consulting will be hosting a week long consultation clinic to talk to Community and Voluntary organisations from across the Belfast East Zone as part of this process. This consultation will be hosted at **Belmont Tower**, Old Belmont Church Road, Belfast, BT4 3FG commencing **Wednesday 14 November until Tuesday 20 November** inclusive. 45 minute slots are available for each organisation and can be booked by contacting Heather at Copius via telephone on 02890753011 or email: <a href="mailto:heather@copiusgroup.co.uk">heather@copiusgroup.co.uk</a>.

Further information can be obtained by looking at the official website: <a href="http://www.nidirect.gov.uk/the-social-investment-fund">http://www.nidirect.gov.uk/the-social-investment-fund</a>.

# Addiction and Mental Health Services for East Belfast

On **Thursday 15 November** at **10.30am**, East Belfast Community Development Agency, will be hosting a seminar that will provide the opportunity for the East Belfast Community Sector to hear from four organisations that have received funding, through Belfast Health Trust and the Big Lottery, to provide a service on addiction and mental health and the links between these conditions.

The seminar will take place in Connswater Community & Leisure Centre, Connswater Street. ASCERT, Addiction NI, FASA and Opportunity Youth will be making presentations about the work

they will be rolling out in East Belfast over the next 2-3 years in relation to addiction and mental health. This is an opportunity to discuss with each of these organisations how you might engage with them to bring their services to your area. To confirm your attendance at the seminar contact Trisha by email at <a href="mailto:trisha@ebcda.org">trisha@ebcda.org</a> or by phoning EBCDA on 9045 1512.

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

The next meeting of the forum is on **Tuesday 20 November** at **12.00pm** in the offices of Ballybeen Improvement Group, at the Enler Centre. Please confirm your attendance by contacting Trisha at 9045 1512 or email <a href="mailto:trisha@ebcda.org">trisha@ebcda.org</a>.

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

The next meeting of the network is on **Tuesday 27 November** at **10.00am** in the **Micah Centre**, My Lady's Road. Please confirm your attendance by contacting Trisha at 9045 1512 or email trisha@ebcda.org.

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

The next meeting of the Youth Providers Forum is on **Tuesday 4 December** at **2.00pm** in the **Skainos building**, Woodstock Road. Please email <u>trisha@ebcda.org</u> or call 9045 1512 to confirm your attendance.

#### **Victoria PACT Meeting**

The next meeting of the Victoria PACT (Partners and Community Together) will take place on **Tuesday 27 November** at **7pm** in **Heyn Hall, St Mark's Church, Holywood Road.** 

# **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**

# **Community Response Plan to Suicide**

Following the recent open meeting at Belmont Tower, EBCDA is facilitating a second meeting on **Monday 19 November** at **2.00pm** in **Belmont Tower**.

The purpose of this meeting is to progress the discussion around the development of a Community Response Plan to Suicide for East Belfast. Roberta Coates will be speaking about the Greater Shankill area plan and there will be an opportunity for discussion on how this might be adapted for East Belfast.

The plan is likely to comprise of two elements; firstly how we can deliver coordinated and timely support to bereaved families, and secondly how we can activate preventative measures in local areas following a suicide. The meeting is open to anyone who has an interest contributing to the development of these.

Due to the limited size of the venue please register if you wish to attend by emailing Marie Anne at <a href="mailto:marie@ebcda.org">marie@ebcda.org</a> or call 028 9045 1512.

The community will have an important role to play in the development of the plan, so please spread the word among anyone who would be interested in attending.

#### **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 <a href="mailto:clare@ebcda.org">clare@ebcda.org</a> or call 028 9045 1512. You can also download a list of local service providers related to suicide prevention in East Belfast at <a href="http://ebcda.org/PDFs/suicidepreventionserviceseastbelfastoctober2012.pdf">http://ebcda.org/PDFs/suicidepreventionserviceseastbelfastoctober2012.pdf</a>.

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

EBCDA along with the Wise Men of the East Network will once again be supporting the start of the evening men's clinic at Holywood Arches Health Centre with health promotion information on Wednesday 1 August 2012 from **6pm till 8pm** and after that on every other Wednesday. The next clinics will be on **Wednesday 7 November and Wednesday 21 November**.

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 12 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 over 35 years of age a check up for their weight, blood pressure, screening of their blood, cholesterol level and an opportunity to discuss their general health. 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

### Clarawood 50+ Club

Artsekta will be facilitating a cultural experience of singing, dancing and music at the **Clarawood Tenants Hall** on **Wednesday 7 November 2012** from **2pm till 4pm**. To find out more information contact; Hazel Whitley, Secretary on 028 90504366 or Alan Houston, Health Development Worker on 028 90451512 or email <a href="mailto:alan@ebcda.org">alan@ebcda.org</a>.

# **Volunteer Development Programme**

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

Volunteer roles are available with Marie Curie Shops on Belmont Road and Cregagh Road. They are looking for volunteers who would be interested in shop customer service and stock preparation. They would particularly welcome any Sunday volunteers for their Belmont Road shop which trades from 1.00pm to 5.00pm each Sunday.

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 <a href="mailto:katy@ebcda.org">katy@ebcda.org</a>.

#### **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 <u>website</u> 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.

# Advice on Developing a Befriending Service

Volunteer Now in collaboration with the Belfast Befriending Network have launched a new publication on befriending services. The publication provides good practice guidance around setting up and running a befriending service and signposts organisations to where further information around befriending and managing volunteers can be provided. For further information on the guidelines, Belfast Befriending Network or how to get involved with befriending, contact Ian Cardwell at Volunteer Now on 028 9023 2020 or email ian.cardwell@volunteernow.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 <a href="here">here</a> to fill in the online enquiry form or arrange an appointment with Katy Gaston, Volunteer Development Worker on 028 9045 1512 or email <a href="here">katy@ebcda.org</a>.

An up to date list of volunteer opportunities across East Belfast can be found online by clicking <u>here</u>. If you'd like to receive regular news about volunteering opportunities contact Katy.

# 2. Community News

# <u>East Belfast Community Counselling Suicide Group Therapy</u> <u>Programme</u>

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.

#### **British Forces Christmas 2012 Shoe Box Appeal**

Lagan Village Youth & Community Group are launching a Christmas British Forces Shoe Box Appeal, we are looking at sending out much needed items to our serving Armed Forces over the Christmas period to show our support. If you would like to help or donate items please have a look at the list of items being requested by serving members of our Armed Forces on our website at <a href="https://www.laganvillage.webs.com">www.laganvillage.webs.com</a> or contact the Youth & Community Centre for more details. Items can be left at our centre on Ballarat Street, before leaving any items please read note that we cannot accept either chocolate, aerosols, sharp or inflammable object, and with respect for the traditions of the country our troops are serving in we would ask you NOT to include any alcohol or adult magazines which may cause offence.

Our Shoe Boxes: Please give as much as you can and please remember we fill shoeboxes to send out limited in weight to 1.8.KGs, therefore small size packs are fine and it means you can add more variety to each shoebox. A personal message in your shoebox is welcome and encouraged.

#### Part to Play Programme

The National Citizen Service Programme 'Part to Play' is an exciting new opportunity for young people (age 15 &16 year olds) from across Northern Ireland to get involved in a high quality personal and social development programme. Part to Play will be delivered in partnership with local providers with proven expertise in youth programmes. The programme has a strong cross community element and will be available to 250 young people across Northern Ireland. This programme aims to develop young people's capabilities enabling them to take the learning and transfer back into their own settings. The YMCA will be working in three key target areas -Cookstown, East Belfast and Newtownards. The programme aims to provide young people from all backgrounds with the opportunity to take on new challenges, learn new skills, make new friends and make a difference. It is available to all 15 and 16 year olds from across Northern Ireland. It will work on Personal development; skills development; physical and personal challenges; design and delivery of 2 social actions projects (with a budget); invitation to graduation and sign posting event at a prestigious venue; enhanced CVs, further education and employment opportunities; earn 100 hours towards a Millennium Volunteer award (half the award). This will take place October half-term – Residential for 4 nights/5 days at Greenhill YMCA NI; November to December – 36 hours over 6 weeks at evenings & weekends to design & deliver 2 social action projects; 14-16 December – team weekend in England with hundreds of other young people.

For more details, please contact Jonny Baxter, Team Leader on 028 9068 4664 or email ncsparttoplay@cooperationireland.org

# **Lagan Village Youth & Community Group**

From Monday 1 October 2012 the Bridge Youth Projects and Bridge Community Association will no longer be operating out of what was Lagan Village Hall as both projects are now closed. From Monday 1 October 2012 Lagan Village Youth & Community Group will be located and operating out of

the hall on Ballarat Street which is now renamed as Lagan Village Youth & Community Centre. The new contact details are:

Michael Logan Youth & Centre Coordinator Lagan Village Youth & Community Group Lagan Village Youth & Community Centre 15 Ballarat Street Belfast BT6 8FW

Telephone: 028 9045 6993

Email: Centre Coordinator: laganvillage@gmail.com

Admin Office: <a href="mailto:infolaganvillage@gmail.com">infolaganvillage@gmail.com</a> Website: <a href="mailto:www.laganvillage.webs.com">www.laganvillage.webs.com</a> Facebook: <a href="mailto:www.facebook.com/LaganVillage">www.facebook.com/LaganVillage</a>

#### Free history of Protestants and the Irish language Workshops

East Belfast Mission is providing free workshops which explore the hidden history of Protestants and the Irish language. The workshop reveals little known facts about the Unionist community's Irish language heritage and shows how even today we use many Gaelic words in our everyday speech. We also run 2 beginners Irish classes Mondays at 7 - 9pm for total beginners and Tuesdays 6.30pm – 8pm for beginners. For more information or to arrange a workshop, contact Linda Ervine 028 9045 8560 or 07824348988 or email linda.ervine@ebm.org.uk

#### Free Finance Workshop

Community Change is offering free training for groups working with older people or older people groups. What the workshop will focus on Information on the legal financial requirements for groups, simple templates for keeping income and expenditure accounts, understanding how to operate Petty Cash, guidance/training on how to use templates on daily basis, Easy to understand, practical examples, questions and answers, hear fundraising ideas from other groups. The training is suitable for any older group member interested in ensuring group runs effectively, volunteers with older peoples groups who work with the groups finance and any group that works with/for older people. This will be a practical useful session. Everyone attending will receive resources and templates they can use daily within their group. To register please contact Ciaran on 028 9023 2587 or email admin@communitychange-ni.org

#### **Substance Misuse Services**

The Public Health Agency have published a list of Substance Misuse Services in August 2012. Please click <u>here</u> to see the list. All services are delivered across the whole of the Belfast Health and Social Care Trust area.

#### **Scarlet Web Tour**

Big Telly Theatre Company is now on tour with their latest professional production, Scarlet Web. As part of Big Telly's Spring Chickens older people's programme we have a free afternoon matinee performance just for older people (50+) in the Naughton Studio of **the Lyric Theatre Belfast** on **Tuesday 13 November 2012** at **3pm**. Each Act is approximately 50 minutes total running time, including interval just over 2 hours (3pm – 5.15pm). Please note seats are on a first come first serve basis and are booking very quickly. To book and give approx numbers to Patricia Morris on 028 7083 1782, there are no tickets so once confirmed just turn up on the day.

#### **Northern Visions**

The screening of Sweet Memories, a film made with the tenants of Mullan Mews and Sydenham Court as part of Arts & Older People Project is taking place on **Wednesday 14 November 2012**, **Queens Film Theatre, 20 University Square, Belfast BT7 1PA** from **3.00pm till 4.30pm**. There will also be a screening of Our Parlour & Around The Block a programme made by and for Older People as part of the local Television Series. To register contact Northern Visions, 23 Donegall Street, Belfast BT1 2FF or email feedback@nvtv.co.uk or call 028 9024 5495 ext 207.

#### East Belfast Survivors of Suicide (SOS) "Celebration of Life Event"

This annual event will take place on **Sunday 25 November** at **2.30pm** in McQuiston **Memorial Presbyterian Church, Castlereagh Road**. The day of reflection will be marked by songs, poems, readings and music by Deborah Morrison, Jim weir, and others. The event will be compared by George Jones. Light Refreshments will be provided in the church hall afterwards.

For more information call Bobby Cosgrove on 07595745718 or Claire Curran on 07886036831.

#### **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.

# Migration Awareness and Ending Hate in our Communities Training

Belfast City Council Good Relations Unit and South Belfast Roundtable run regular training events for community workers and organisations. Places are limited and available on a first-come, first-served basis. For more information or, to book a place, email <a href="mailto:higginsmargaret@belfastcity.gov.uk">higginsmargaret@belfastcity.gov.uk</a>

Migration Awareness Training at **9.30am to 1.30pm**Friday **30 November 2012**, Grosvenor House, Glengall Street, Belfast

Migrant Awareness Training is a half-day workshop designed by South Belfast Roundtable and staff from our Good Relations Unit. It is an interactive session which explores inward and outward migration and the rights of migrant workers in Northern Ireland. It aims to dispel myths and provide practical information on issues relating to migration.

Ending Hate in our Communities Training at **9.30am to 1.30pm Wednesday 5 December 2012**, Grosvenor House, Glengall Street, Belfast

Ending Hate in our Communities is a half day workshop that aims to give participants an understanding of the extent of bias, harassment and hate crimes in their community and the impact of bias and harassment on those targeted, as well as practical skills to help them respond to and prevent hate crime.

This project is supported under the Belfast Peace Plan by the European Union's European Regional Development fund through the <u>Peace III programme</u> for Northern Ireland and the border region.

#### **Alzheimer's Society Dementia Activity Group**

We hope to change people's lives by preventing isolation that they may feel. We aim to do this by providing a social informal setting where there will be peer support to share experiences and gain practical information on living with dementia. Staff and volunteers will facilitate discussions and there will also be facilitated speakers on the topics that are most important to the individual group. Alzheimer's society recognises having dementia does not make a person, a person's personality, interests and history make someone who they are. We want to ensure we do not forget the person and be taken over by the impact of the illness. Therefore the concentration of each group will be on a range of activities such as reminiscence, light exercise, social hobbies and cognitive stimulation.

The East Belfast group will be held on **30 October**, **27 November** then every 4th Tuesday of each month in **Holywood Arches Library** at **10.30am - 1.30pm** The service is in a closed group structure. A person wishing to attend is to meet the set criteria and go through the referral process of a confirmed diagnosis of dementia; must be in the early-moderate stage of dementia, with no personal care needs and must attend with a carer/friend/family member. For a referral or more information please contact Nicola Neill and Roisin Coulter, Alzheimer's Society North Down and Ards on 028 9181 0083 or e-mail Nicola.neill@alzheimers.org.uk or roisin.coulter@alzheimers.org.uk

#### Free Health & Safety Course

Accredited Health & Safety Course on **Wednesday 7 November 2012** at **12.30pm - 3.30pm** in **Tullycarnet Primary School, Kings Road, Belfast, BT5 7EH**. Free of charge, places must be booked by Monday 5th November by contacting Tullycarnet Community Support Services on 028 9050 1133 or email <a href="tcss2011@hotmail.co.uk">tcss2011@hotmail.co.uk</a>

#### **Lagan Valley Youth & Community Group Advice Service**

In partnership with East Belfast Independent Advice Centre in the **Lagan Village Youth & Community Centre**, **15 Ballarat Street**. We will be reopening our free, confidential and independent advice service on a range of issues including: Welfare Rights, Benefits, Tax Credits, Employment, Consumer issues, Disability issues, Debt & Budgeting, Housing, Help completing Benefit Forms, and Benefit Checks.

Advice Services reopens on the **Tuesday 13 November 2012** Drop In Advice - No Appointment Necessary on Tuesdays 2:00pm - 4.00pm and Thursdays 11:00am - 12:30pm. DLA or Attendance Allowance forms - Appointments Only for filling in these forms on Thursdays 10:00 - 11:00 am. To arrange an appointment please ring Lagan Village Youth & Community Centre on 028 9045 6993 or email infolaganvillage@gmail.com.

# **Castlereagh Youth Council**

Are you 16-25 and live in Castlereagh? Would you like to take part in accredited training? Take Part in Castlereagh Democracy Day? Become a member of the Castlereagh Youth Council?

Castlereagh Borough Council, Community Services Department is pleased to announce the launch of an annual programme that has been designed for young people in Castlereagh aged 16-25 who are interested in Community Development. The programme will provide the opportunity for young people to gain hands on experience in important aspects of Community Development and Leadership within Castlereagh. Training will be delivered by Youth Action to young individuals who wish to participate on the programme, culminating in the establishment of a Youth Council for Castlereagh.

To find out more about joining the Youth Council for Castlereagh, an Information Day has been arranged for **Saturday 17 November 2012** from **10:00am - 4:00pm** at **Castlereagh Borough** 

**Council Civic Offices**. To register a place on the day, please contact Lisa Wilson on 028 9049 4543 or email lisawilson@castlereagh.gov.uk

#### <u>Self Harm in Your Community – Understanding the Relationship to</u> Suicide

The Public Health Agency is inviting Community & Voluntary organisations that work in the area of Mental Health Promotion / Suicide Prevention to attend this workshop on **Wednesday 21 November 2012** at **2pm – 4pm** in **Octagon Room, King's Hall, Belfast, BT9 6GW**. Please email Elizabeth McGrath <u>liz.mcgrath@hscni.net</u> to register for the workshop.

#### **Suicide Prevention - What Works?**

Contact have just confirmed that their second 'Suicide Prevention - What Works?' one day conference will be held on **Thursday 22 November 2012**, in the **Stormont Hotel**, **Belfast**. It will last from **9.30am - 4.30pm**. Conference presenters include: David Covington (National Chair of the NSPL Lifeline - lead U.S. strategy contributor on suicide risk assessment and prevention), Professor Annette Beautrais (World Health Organisation lead on international suicide prevention strategy results), Professor Mike Tomlinson (School of Sociology, Social Policy and Social Work at Queen's University Belfast, and author of 'The Trouble with Suicide'), Trisha Forbes (Queen's University Belfast, presenting on Contact's Atlantic Philanthropies funded study on youth suicide prevention), and Dr John Devaney (QUB) / Dr Teresa Gerrity (NCB) presenting on early intervention aggression related trauma research. Send all booking enquiries to caroline.king@contactni.com

#### **Weigh To Health Programme Training**

Weigh to Health is a programme that helps adults who are overweight to lose weight sensibly with group support. It helps people to learn how to make their diet healthier, make positive changes to manage their weight and take part in some low level physical activity.

The programme runs for six sessions and has been developed by Community Dieticians in partnership with health development and psychology colleagues. If you would like to lead a group with the Weigh to Health programme, you need to attend a Weigh To Health training programme (2 days), attend Walk Leader Training (1 day)-unless already walk leader trained and be willing to deliver the programme within six months of being trained. Community Nutrition & Dietetic Service Group Leader Weigh To Health Training (2 days Weigh To Health programme training +1 Day Walk Leader training) will take place on Tuesday 27 November, Tuesday 4 December 2012 and Thursday 10 January 2013 Training will be delivered at Duncairn Community Centre, Upper Mervue Street, Belfast. Venue for Walk Leader training to be confirmed.

For a registration form, please contact Chris Allen, Community Nutrition & Dietetic Service on 028 9063 1790 or email <a href="mailto:chris.allen@belfasthtrust.hscni.net">chris.allen@belfasthtrust.hscni.net</a> The closing date for receipt of registration forms is **Friday 16 November 2012**.

# **Challenging Pain Workshop**

Challenging Pain is a complete pain management programme including a variety of participatory pain management techniques designed to help people deal with their pain. Challenging Pain is a workshop delivered over two weeks in 3 hours per week by two people who have personal experience of long-term pain and have been trained by Arthritis Care. The 'Challenging Pain' workshop includes the following: Week 1 what is pain, know your pain, why challenge pain, conscious breathing, why exercise, setting personal goals, managing stress, and relaxation exercises. Week 2 feedback from goal setting, diversion techniques and pacing, medication, can other therapies help, managing our negative thoughts, can clear communication help, review of the pain techniques taught information

and sharing resources. The next course will take place on **Wednesday 28 November** and **Wednesday 5 December 2012** in **Knocknagoney Community Centre, 41a Knocknagoney Drive, Belfast, BT4 2QF** from **10.00am – 1.00pm**. To book your free place, please contact the Training Team, Arthritis Care Northern Ireland on 028 9078 2940.

#### **Knocknagoney Primary School Open Day**

Knocknagoney Primary School is having their Open Day on **Thursday 28 November 2012** at **2pm – 4pm** and **5pm – 7pm** in **Knocknagoney Primary School and Nursery Unit, Knocknagoney Road**. Information on 26 full time nursery placements, extensive range of clubs from p1-p7, interactive whiteboards in every classroom, excellent facilities, newly refurbished rooms and play areas, Spanish lessons from p1, piloting new educational initiatives, impressive results in English and Maths and the breakfast club from 8.15am every morning.

For further details telephone 028 9076 8496 or www.knocknagoney.co.uk

#### **Indoor Christmas Fair**

The Belmont Tower's annual Indoor Craft Fair is on **Saturday 1<sup>st</sup> December 2012** from **10am to 3pm** at **82 Belmont Church Road, Belfast, BT4 3FG**. There is something for everyone: Belcanto School will be singing Christmas Carols, Christmas Colouring in for the kids and letters to Santa, mulled wine and mince pies, wonderful homemade gifts and cafts, Christmas hamper raffle, coffee shop open as well as the CS Lewis Exhibition. All indoor so matter the weather, you can shop! Please contact Leanne for more details on 028 9065 3338.

#### **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 17<sup>th</sup>, 24<sup>th</sup>, 31<sup>st</sup>. Feb: Thursday 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup>, 28<sup>th</sup>. Mar: Thursday 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup>. 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 <a href="www.acet-ni.com/training2012-13">www.acet-ni.com/training2012-13</a> Alternatively, please contact Nigel Armstrong at <a href="mailto:nigel@acet-ni.com">nigel@acet-ni.com</a> or telephone on 028 9032 0844

# **Youthworks Programme**

A new programme for young people in South or East Belfast, Youthworks is currently recruiting for a new intake. Are you 16-17? Are you unemployed or not in training or education? Would you like to improve your chances of getting into training or education? Would you like to meet other young people like you from different community backgrounds? Do you live in south or east Belfast? Are you interested in training, qualifications, driving lessons, residentials, free childcare... If yes, then why not apply for Youthworks. For more information contact Andy Moorehead, East Belfast Alternatives on 028 9045 6766 or Debbie Hamill, South Belfast Alternatives on 028 9031 5763. Funded through the Sharing in Education programme.

# 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.

#### **CDHN Funding Available**

The Community Development and Health Network (CDHN) have opened up a new round of funding through their Building the Community-Pharmacy Partnership (BCPP) programme. We are seeking new community-pharmacy partnerships throughout Northern Ireland and continue to support community-pharmacy partnerships previously involved in BCPP. The BCPP programme promotes and supports local communities to work in partnership with community pharmacists to address local health and social wellbeing needs using a community development approach.

Level 2 funding is for those who have a clear vision of what the project wants to achieve. It consists of a maximum of £10,000 for a project that can last up to 2 years. Level 3 funding is available to those who have completed several Level 2 projects.

The closing date for Level 2 and Level 3 funding is **Thursday 15th November 2012**. Please keep in mind that we offer support in developing your partnership, ideas and application.

Contact us if you are thinking of becoming involved. Application packs can be downloaded from <a href="https://www.cdhn.org/bcpp">www.cdhn.org/bcpp</a> For further information call us on 028 3026 4606.

#### **Belfast City Council Funding Opportunities**

Belfast City Council is inviting applications from voluntary and community groups in the Belfast area to support the organisation of local events and activities associated with the celebration of St. Patrick's Day.

Funding up to the value of £1,000 is available for events or activities organised and held prior to 31<sup>st</sup> March 2013. Further information, application criteria and forms will be available from 5<sup>th</sup> November 2012 and can be downloaded from <a href="www.belfastcity.gov.uk/goodrelations">www.belfastcity.gov.uk/goodrelations</a>, or by contacting <a href="goodrelations">goodrelations</a> @belfastcity.gov.uk.

Completed applications must be returned to the above address **not later than 12.00 noon on Friday 23rd November 2012.** Applications will **not be accepted by fax or email.** Late applications will **not be accepted.** 

Belfast City Council currently has core multi-annual funding opportunities for arts and heritage organisations. Visit <a href="http://www.belfastcity.gov.uk/funding/index.asp">http://www.belfastcity.gov.uk/funding/index.asp</a> for more details.

# **Probation Board NI Community Grants**

PBNI invites applications for financial assistance in 2013/2014 from organisations offering services that seek to challenge and change attitudes and behaviour of offenders. It is anticipated that the majority of grants will be between £1,000 and £20,000. Funding is available for activities to be provided for adjudicated offenders in the following areas:

- personal development /mentoring/interpersonal skills/healthy lifestyles
- offending behaviour programmes
- supervision of offenders under a Community Service Order

Further information and application forms can be downloaded here: <a href="https://www.pbni.org.uk/site/Content.aspx?x=9/Dp3nTx394=&y=jNqutlKtlXc">www.pbni.org.uk/site/Content.aspx?x=9/Dp3nTx394=&y=jNqutlKtlXc</a> The closing date for applications is **4.00pm** on **Friday 16 November**.

#### **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 <u>www.lloydstsbfoundationni.org</u> for more information.