



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**.

- 1. EBCDA News**
- 2. Community News**
- 3. Funding News**

1. EBCDA News

Community Support

East Belfast Ethnic Minority Support Network

The next meeting of the East Belfast Ethnic Minority Support Network will take place on **Tuesday 30 April** at **10.00am** in **The Micah Centre** (downstairs), My Lady's Road. The agenda will include discussion of a diversity festival planned for East Belfast in June, and the format of an upcoming planning day for the future development of the network.

The last meeting was postponed because of no-one confirming their attendance in advance so please do so by contacting trisha@ebcda.org or call 9045 1512.

East Belfast Youth Work Practitioners Forum

The next meeting of this forum (formerly known as the Youth Providers Forum) is on **Tuesday 7 May 2013** at **2.00pm** in **Knocknagoney Church of Ireland**, Knocknagoney Road. To confirm your attendance please contact Trisha at trisha@ebcda.org or call 9045 1512.

East Belfast Community Workers Forum

The next Community Workers Forum will take place on **Tuesday 21 May 2013** at **12.00pm** (venue to be confirmed). To register 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 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

Suicide Prevention in East Belfast – Open Meeting

EBCDA has been working with a range of stakeholders to develop a crisis response plan for suicide prevention in East Belfast. An open meeting will take place on **Friday 19 April** at **10.00am** in **Belmont Tower** to update people on the development of the plan. This meeting is open to all, but it would be helpful if you could confirm attendance in advance by contacting trisha@ebcda.org or call 9045 1512.

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 on **Wednesday 24 April 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.

ILM Coaching Skills Award

This two day programme is designed to assist participants to maximise the full potential of their teams by ensuring that everyone contributes to the best of their ability. This award is designed to enhance the skills of current coaches and those who aspire to coach in the future, to ensure that they are effectively planning, delivering and evaluating their coaching sessions.

The workshops take place on **Tuesday 14 and 28 May 2013** at the Maureen Sheenan Centre, Albert Street, Belfast and is accredited through the Institute of Leadership and Management Award (ILM). For further information contact; Alan Houston, Health Development Worker on 028 90451512 or email alan@ebcda.org or Kevin Kennedy, The HEART Project on 02890310346 or email kennedy.kevin31@googlemail.com.

ASCERT Drug and Alcohol – Developing the Competent Workforce

ASCERT has developed a programme of drug and alcohol training. This programme is aimed at people in all sectors of the workforce. It is specifically relevant to those that may encounter drug or alcohol misusing clients within their role but where undertaking drug/alcohol related client work it is not their main function/job; and for drug and alcohol workers providing tiers 1 or 2 services. They offer a range of free training programmes, some of which have an option for accreditation.

All courses are DANOS mapped and can be used as part of on-going professional development under the Skills for Health (NI) Skills Sector Agreement. All programmes are CPD validated. All courses are free to people working in the Belfast and South Eastern Health & Social Care Trust areas.

Email training@ascert.biz or call 028 9260 4422 for more information on dates and sessions.

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 Development 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>

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.

Belfast Central Mission (BCM) is seeking people who are interested in becoming a befriender in the Belfast area. Can you spare an hour or two to befriend older people in the community? Training will be provided together with on-going guidance and support. If you are over 18 years of age and would like to find out more please contact Janet Sewell jsewell@belfastcentralmission.org or Tel 028 9024 1917.

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.

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'.

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

Cross Links Legacy Project Show at City Hall

Crosslinks Legacy Projects' show, 'BREAKING NEWS', will bring together young people from North, East, West and South Belfast, hoping to break away from negative norms with positive potential. This ticket only event, in Belfast City Hall will take place on **Sunday 21 and Monday 22 April 2013** from **7pm until 9pm**. For 13 years the Crosslinks Programme has been performing community relations based plays within the Belfast area. This year's show is wonderfully different and fresh, looking at the 'here and now' issues affecting us all. Emphasising the voices of 'our' young people, and highlighting their experiences of what it feels like to live in Belfast.

For more information or tickets contact: Andy Hill, Acting Team Leader of The Crosslinks Legacy Project on 028 90458560 or call andy.hill@ebm.org.uk.

Princes Trust Fairbridge Programme for NEETs

The Fairbridge programme is run in partnership with the Princes Trust and Belfast Activity Centre and funded by DEL. Fairbridge will target young people aged 16 -24 that are NEET. We work with the most disengaged and vulnerable young people including ex-offenders, drug users and self harmers. This can be an independent or complementary service for existing projects young people are working on. Fairbridge consists of five stages of development including a five day Access course using outdoor education and a two night residential, one-to-one support, personal and social development, goal setting and life skills, with on-going support and a celebratory event marking the young people's ability to cope independently. In addition, a nationally recognised Prince's Trust qualification can also be gained through completion of the Fairbridge programme.

The Princes Trust is currently recruiting for the next programme. If you would like to make a referral or should you have a young person interested in participating or require additional information please contact Vicky Johnston at the Princes Trust on 028 9089 5000 or vicky.johnston@princes-trust.org.uk.

“The Larder” Food Support

Back in January “The Larder” started in St Christopher’s Church, Mersey Street, at the entrance to the Oval. It is a food support idea for anyone who finds themselves in financial difficulties. In the first eight weeks food had be given to nearly forty people.

How it works : 1. People who need food have to be referred to the larder. 2. If you lead a church, a community group, a local organisation, or you are a social worker or health professional and you know someone or a family who are reaching desperation please contact Adrian McCartney on 07970626384 and give a name so that we can identify the person when he/she arrives. We don’t need to know any details and we are not trying to follow these folks up in any way. That is your responsibility or the role of your organisation. We will simply provide the food. We try to give up to three days worth. 3. Send them down at the appropriate time or come yourself and take it to them. If they are unable to carry the food we will try to help them home.

The larder is open every Tuesday from 10am to 12pm, Thursday from 8pm to 9pm at night, and Friday from 10a to 12pm. If an emergency occurs not at those times we will try to help. If you or your organisation would like to collect food, please deliver it at any of the times mentioned. Toiletries are also very well received.

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.

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.

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.

Walk Leader Training

A **free** training session will take place on **Friday 26 April, 10am to 3pm** at the **East Belfast Partnership**, with lunch included. The training is provided by Active Belfast, and is for those who are interested in leading or co-leading a walking group in east Belfast. The session will cover the rationale and importance of health walks, health and safety issues, and motivating group members. If you would like further information, or to register, contact Eleanor Kyle on 028 90451900, or email Eleanor@eastbelfastpartnership.org.

“Sing-a longa Sound of Music” Night

Come along and have a great night of fun and laughter at **Wandsworth Community Centre** on **Saturday 11 May** at **7.30pm**. Open your Von Trapp and sing along to 'The Sound of Music' (with subtitles) bring along your own tippie, and we will supply the snacks.

Dress up (optional) as your favourite character, object or song and belt out the tunes, hiss at the Baroness, whistle with the Captain and shout baa baa at the sheep! Remember, you were '16 going on 17' too!

The proceeds for the night are going to our youth members who are hoping to go to Boston as part of the Friends Forever project. Admission is £7 per person. Goody bag supplied complete with instructions. To collect your tickets please phone Alison on 07903674698 - first come first served!

"From the Shipyard to the Somme"

The 36th (Ulster) Division Memorial Association is pleased to announce that from the **13 to 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

East Belfast Arts Festival

East Belfast Arts Festival will be taking place from **Wednesday 28 August to Sunday 1 September**. It will showcase a range of arts to suit everyone – music, theatre, literature, visual arts, film, community arts and much more, in a variety of venues across East Belfast.

For further information follow them on facebook or visit their website. [facebook.com/eastbelfastartsfestival](https://www.facebook.com/eastbelfastartsfestival)
www.eastbelfastartsfestival.org.

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
Lloyds TSB Foundation	Grants for community need/education and training	Up to £4000	Quarterly	http://www.lloydstsbfoundationni.org/ 028 9032 3000
Heart Research and Subway UK	Healthy Hearts grant to promote heart	Up to £10,000	20 April 2013	www.heartresearch.org.uk/gran

	health and prevent heart disease			ts/subwayhghg
Arts Council NI Project Grants	Arts projects which contribute to the growth of arts in the community for new and existing audiences and which reflect diversity	Up to £10,000	2 May 2013	http://www.artscouncil-ni.org/award/project_funding.htm
Sported	Sports development for 11-25 year olds	Up to £2000	No deadline	www.sported.org.uk b.kelly@sported.org.uk
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
Live UnLtd	Cash award for young people's projects	Up to £500	14 June 2013	www.liveunltd.com
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

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>