



# 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**.

**EBCDA's offices will close on Friday 21 December and re-open on Wednesday 2 January.**

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

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## **1. EBCDA News**

### **Community Support**

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

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

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

The next Community Workers Forum will take place on **Tuesday 15 January** at **12.00pm** in the **Skainos building**, Newtownards Road. Please email [trisha@ebcda.org](mailto:trisha@ebcda.org) or call 9045 1512 to confirm your attendance.

#### **Pottinger PACT Meeting**

The next meeting of the Pottinger PACT (Partners and Community Together) will take place on **Thursday 17 January** at **7.00pm** in **Westbourne Presbyterian Church**, Newtownards Road. The meeting is open to all residents in the Pottinger area. PACT aims to identify, address, and resolve the root causes of community problems and concerns in partnership with community groups, elected representatives, key stakeholders and the police through the use of collaborative problem-solving and joint strategies. All residents in the Pottinger electoral area who have concerns about ongoing issues in their community to come to this meeting and air them. This is a structure that will hold agencies and political reps to account. solving and joint strategies.

#### **Community Development Qualifications – Pre-entry Guidance Sessions**

You can enrol now for the following courses at Belfast Metropolitan College: BSc/CertHE in Community Development (year 1); Certificate in Community Development. There will be a pre-entry guidance session in Belfast on Thursday 23 August from 5.30pm to 6.30pm in Millfield lecture theatre.

Please contact tutors Ann Pendleton on [apendleton@belfastmet.ac.uk](mailto:apendleton@belfastmet.ac.uk) or Kevin McKeaveney on [KmcKeaveney@belfastmet.ac.uk](mailto:KmcKeaveney@belfastmet.ac.uk), or contact departmental secretary Elizabeth McCaul on 028 9026 5151.

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

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

## **Could You Benefit From One to One Support?**

East Belfast Community Development Agency (EBCDA) can offer you the opportunity to avail of up to 6 one to one sessions with a fully qualified Mentor. EBCDA have a group of Mentors for those wishing to avail of support outside of their organisations management structure. The mentors have been trained by the Youth & Community Dept at the University of Ulster, Jordanstown. If you wish to avail of this support or require further information contact Michael Briggs at EBCDA [Michael@ebcda.org](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**

### **Suicide prevention Crisis Services: Christmas Opening Times**

There are several services available to support those in suicidal crisis and their families over the Christmas period. Lifeline is available 24/7 as usual over the holidays on 0808 808 8000. For a list of other services and opening times please go to [www.ebcda.org/PDFs/xmascrisisservices2012.pdf](http://www.ebcda.org/PDFs/xmascrisisservices2012.pdf)

### **“Transforming Your Care” – Roundtable discussion**

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

## **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. After a break over Christmas it will resume again on **16 January 2013**.

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

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

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

For further information contact Alan Houston, Health Development Worker, on 028 9045 1512 or email [alan@ebcda.org](mailto: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](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>.

## **EBCDA Health and Wellbeing Week 2013 – Dates for your diary**

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

## **Volunteer Development Programme**

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

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

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

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

### **Volunteering “Street by Street”**

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

### **Volunteering Information**

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

### Salvation Army Christmas dinner

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

### Winter Warmer at Refresh

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

### Stress Control Classes

Free Stress Control Classes are on offer in the Montrose Room at Skainos on Monday evenings from 7 January and running until 11 February 2013 at 7pm, no booking required, just come along. For further information call Woodstock lodge on 028 9073 7579.

### Mental Health First Aid Training

Aware Defeat Depression are offering a free Mental Health First Aid course on **Wednesday 23 and Wednesday 30 January 2013**. The course runs from **9.30 - 4.30pm** with lunch provided. You will need to attend both days and training will take place at Aware Defeat Depression offices in **Duncairn Gardens**. The course has proved successful with different professional groups including health workers, teachers, front line public sector and voluntary sector workers as well as members of the general public. Any interested person can attend. For more information and to book a place please contact Aware Defeat Depression on 028 9035 7820 or email [carole@aware-ni.org](mailto:carole@aware-ni.org)

### 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)

### 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.

## **Prince's Trust Team Programme**

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

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

## **Sexual Health Education Facilitators Training Course**

This course is designed for people who would like to develop their knowledge and skills to become providers of Sexual Health Education, as part of their current role and/or in the wider community in the Belfast area. This course has been accredited by the Open College network (OCN) as a Certificate in Sexual Health Education with 12 credits at Level 3. To complete this accreditation requires full attendance at 10 training days along with personal study and completion of course assignments. Applications are welcome from people working in either statutory or voluntary sectors within the Belfast Area who want to provide Sexual Health Education, with young people/adults. Places are restricted to 10 participants. ACET has been funded by the Public Health Agency to provide this accredited course in the Belfast area, therefore ACET can provide this course free of charge to the course participants. Dates in 2013 is Jan: Thursday 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 [www.acet-ni.com/training2012-13](http://www.acet-ni.com/training2012-13) Alternatively, please contact Nigel Armstrong at [nigel@acet-ni.com](mailto:nigel@acet-ni.com) or telephone on 028 9032 0844.

## **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).

## **Shorts Camera Club 'My Titanic East Belfast' Exhibition**

Is now in the 1st phase of it's Belfast tour and from now until new year it will be on display in The Dock Cafe, just behind the Odyssey, Belfast.

Twenty 50x40 framed images were selected from over eighty 'entries' as part of the East Belfast Arts Festival with grateful support being received from Belfast City Council Rolling Arts programme. The whole exhibition was judged by Northern Ireland Photographic Association (NIPA) Secretary Billy Leahey to 'be of a very high standard'. This is only Shorts Camera Club 2nd attempt at an exhibition, the first being the first ever exhibition in Victoria Square Belfast just after it opened to the public.

The winning colour print titled 'Carson' by Jonny Clarke also recently took joint 2nd in the NIPA round 2 interclub competition and NIPA President & judge commented that 'this is one of the best ever images he had seen of that viewpoint with extremely high printing quality'. At the exhibition launch, John Belshaw, club chairperson commented "everyone that entered must be thanked for taking the effort and as a result we have a great selection on display. The project would not of been possible without the support by Belfast City Council Rolling Arts programme and the team there are to be commended for their efforts.

As a result , new members are coming into our club after a series of workshops during Autumn and already representing Shorts Camera Club at NIPA inter-club competitions. Further venues will be announced in the new year. Anyone that is getting a new camera at Christmas might also benefit from our January programme and existing

club members will only be too happy to explain to new photographers how to get the most artistic use out of their camera.”

The club's activities can be seen at [www.shortscameraclub.net](http://www.shortscameraclub.net)

### 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).

#### **Launch of Timebank Small Grants Programme**

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

For more information about Timebanking log onto the Volunteer Now [website](#).

#### **Lloyds TSB Standard Grant Programme**

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

Visit [www.lloydstsbfoundationni.org](http://www.lloydstsbfoundationni.org) for more information.

#### **Santander Foundation**

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