



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

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 Ethnic Minority Support Network

The Support Network's next meeting is on **Thursday 28 February** at **10.00am** in the **Micah centre**, My Lady's Road. The meeting will include a presentation from the Belfast tension monitoring project. Please confirm your attendance by contacting Trisha on 028 9045 1512 or email trisha@ebcda.org.

East Belfast Youth Providers Forum

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

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

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 27 February, 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.

New Leisure Cycle Club - Bikeway East

Members completed two recent routes to Cultra Transport Museum and Bangor Marina and were facilitated by a one way train journey thus avoiding cycling into the wind. 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.

ASIST Training

In Skainos Building, Newtownards Road on **Thursday 14 & Friday 15 March 2013** from **9.15am to 4pm** (you need to attend both sessions). ASIST (Applied Suicide Intervention Skills Training) is for those who want to feel more comfortable, confident and competent in helping to prevent the immediate risk of suicide. Over one million people worldwide have participated in this two-day, highly interactive, practical, practice-oriented workshop. You do not need any previous experience or training to attend however if you have previously taken part in Safetalk or PIPS training then ASIST will build on the skills and knowledge you have already gained. You must be aged 16 or over to attend this course. You must attend both full days. Refreshments and lunches will be provided. To register please contact Marie Anne McMillan at EBCDA via email marie@ebcda.org or phone 028 9045 1512.

Suicide Awareness Information Sessions

If local people in your area are concerned about suicide please contact EBCDA's Suicide Prevention Information Officer Clare James who can facilitate information sessions in youth, community and voluntary groups across East Belfast. Session format is flexible but can include a general awareness talk with the opportunity to ask questions and access information on services. We can also organise for trained counsellors to attend if necessary and sessions can be held on evenings and weekends to ensure people can attend. For more information contact Clare James, Suicide Prevention Information Officer on 028 9045 1512 or email clare@ebcda.org

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

Lisa and the Newtownards Road 2012 Group are looking for about 10 volunteers to get involved with their local area. They will be distributing newssheets to shops, businesses and homes along the lower Newtownards Road and adjoining streets on **Saturday 23 February 2013**. The newssheets are designed to inform local people about the regeneration work that has been carried out to date along the road and to outline the plans for its future regeneration. The group will meet at Skainos at **10.00am** for a briefing and breakfast and then hit the streets between 10.30am and 12.30pm for the distribution. For more information about joining in with this opportunity contact Lisa or Sean on 028 9045 1900 or email lisa@eastbelfastpartnership.org or sean@eastbelfastpartnership.org.

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.

Volunteering at the Glasgow 2014 Commonwealth Games

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

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

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

Finding the right volunteers for your organisation

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

If you have opportunities for volunteers at the moment send details of the role and your organisation to Katy Gaston, Volunteer Development Coordinator, on 028 9045 1512 or email katy@ebcda.org 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

Dee Street Bridge – Temporary Closure

Work is due to start on a £300,000 essential improvement scheme on Dee Street Bridge over the Sydenham By-Pass and Bangor railway lines. The work is due to begin on **Friday 22 February 2013** and will require the closure of Dee Street Bridge for 8 weeks. To find out more on the diversions please go to:

www.ebcda.org/PDFs/diversiondeestreet.pdf

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

GET SET: Employability skills day for young people

GET SET is a collaborative, voluntary youth sector and private sector partnership, which will use a youth work approach to GET young people SET for making a positive and sustained transition into employment, mainstream training or education. This will engage young people aged 16-24 years who are outside of employment, education and training, from rural and urban communities across Northern Ireland. As part of this initiative YouthAction NI will be hosting a GET SET to GO: An employment skills day for young people an interactive and practical regional event which support young people to build skills for employment on **Thursday 21 February 2013 at 10.00am to 4.30pm** in **YouthAction NI, 14 College Square North, Belfast**. This GET SET to GO event will involve employer led workshops to help young people aged 16 – 24 years look for employment, education or training opportunities. Workshops include: CV development, job search, interview techniques, money management, goal setting and developing a business idea. To register a group or to register an individual for a free place, contact Elspeth at elspeth@youthaction.org or 02890240551.

Live Acoustic Night with Brian Houston

In Willowfield Church Hall on Saturday 23 February 2013 at 8PM (doors open at 7.30pm)

Tickets on sale now £12 from www.willowfieldchurch.co.uk/brianhouston For further information please contact Willowfield Church Office on 028 9045 7654

Belfast Policing and Community Safety Partnership Public Events

The new Belfast Policing and Community Safety Partnership (PCSP) and its four District Partnerships (DPCSPs) invite you to attend a series of free, public events. At these events you'll have the opportunity to speak with organisations that are working in your area, hear about the work of the Partnerships and get advice on community safety concerns. The first event will be held on **Tuesday, 19 February 2013 at 10am** in the **Hilton Hotel, Belfast** and will focus on reducing crime through early intervention and feature guest speaker Karyn McCluskey of the Strathclyde Violence Reduction Unit. Other talks are:

East Belfast DPCSP: Dealing with Substance Misuse on **Monday 25 February 2013 at 7pm** in the **Park Avenue Hotel**

West Belfast DPCSP: Shining a Light on Domestic Violence on **Tuesday 26 February 2013 at 7pm** in the **Balmoral Hotel**

South Belfast DPCSP: How do we improve our race relations in South Belfast? On **Wednesday 27 February 2013 at 7pm** in the **Chinese Welfare Association, Stranmillis Embankment**

North Belfast DPCSP: Community Safety Question Time on **Thursday 21 March 2013 at 7pm** in **Crumlin Road Gaol**

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.

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.

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. 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.

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.

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.

Boot sale and coffee morning in Willowfield Parish Church Hall

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

Help Your Service Users Get Prepared for Welfare Reform

With the announcement of huge changes to our benefits system, EGSA can support you in enabling your clients to take control of their options, build their confidence, look at their skills and plan for their future. Your clients may feel they have few skills to offer an employer or be unsure of how to get back into work. Our services are confidential and may be free in your area. If you would like further information please contact Lorraine Black on 028 9024 4274 or 07714835649 or email lorraine.black@egsa.org.uk

East Belfast Community Counselling Suicide Group Therapy Programme

East Belfast Community Counselling will be commencing a twelve session therapeutic programme to support people bereaved through suicide. For more information on this programme or to be informed when this will be starting please contact East Belfast Community Counselling on 028 9046 0489.

Substance Misuse Services

The Public Health Agency have published a list of Substance Misuse Services. Please click [here](#) to see the list. All services are delivered across the whole of the Belfast Health and Social Care Trust area.

Irish Language Classes

East Belfast Mission is running a series of courses and workshops in relation to the Irish language. Contact Linda Ervine, Irish Language Development Officer on 07824348988 or email linda.ervine@ebm.org.uk.

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
Belfast City Council	Summer Intervention Fund for young people in interface areas	Varying	1 March 2013	http://www.belfastcity.gov.uk/goodrelations/funding.asp
Belfast City Council	Summer playscheme grant	Up to £3000	1 March 2013	http://www.belfastcity.gov.uk/funding 028 90 320202 ext 3542 (Jenny Oliver - North and East) or 3544 (Seoirse Caldwell - South and West). : stevensonj@belfastcity.gov.uk
Belfast City Council	Community Project grant	Up to £1000	1 March 2013	http://www.belfastcity.gov.uk/funding 028 90 320202 ext 3542 (Jenny Oliver - North and East) or 3544 (Seoirse Caldwell - South and West). stevensonj@belfastcity.gov.uk
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
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