



## 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**.

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

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### **1. EBCDA News**

#### **Community Support**

#### **#Inspire Youth Event and Launch**

On **Saturday 23 March 2013**, #Inspire will be held at **Skainos** for 14-20 year olds from East Belfast, to highlight the opportunities around volunteering, further education and employability. The event will run from **10am-7pm**, and will include interactive workshops and taster sessions on areas including careers advice, art, music and media, sport and coaching, and food. There will also be several speakers throughout the day, who will highlight the opportunities around volunteering.

To register for tickets and for more information please go to [www.facebook.com/eastbelfastyouthevent](http://www.facebook.com/eastbelfastyouthevent)

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

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

#### **East Belfast Youth Work Practitioners Forum**

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

#### **Get to know the Northern Ireland Assembly with EBCDA**

East Belfast Community Development Agency (EBCDA) has organized these sessions to give community groups an opportunity to learn more about the decision-making process at Parliament Buildings and how you can make an impact.

- 1. "How the Northern Ireland Assembly works"** Presentation by Stephanie Mallon, NI Assembly Engagement Officer  
Tuesday 26 March  
10.00am – 1.00pm (finishing with lunch)

Venue: EBCDA, 269 Albertbridge Road.

## **2. Tour of Parliament Buildings and Q&A with the Chair of the Social Development Committee**

Thursday 11 April

2.00pm – 4.30pm

Venue: Parliament Buildings, Stormont Estate

## **3. Lobbying and Campaigning Skills**

Thursday 18 April

10.00am – 2.30pm

Venue: EBCDA, 269 Albertbridge Road

**When registering you must be able to attend all sessions.** To confirm your attendance please contact [trisha@ebcda.org](mailto:trisha@ebcda.org) or call 9045 1512. There are limited spaces so priority will be given to community organisations based in East Belfast. **Places will be limited to two per organisation.**

## **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](mailto:trisha@ebcda.org) or call 9045 1512.

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

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

### **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 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](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>.

## **Volunteer Development Programme**

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

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

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

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

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

### **"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 which probably comes to about 120 days worth of food.

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-12pm, Thursday from 8pm-9pm at night, and Friday from 10am-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.

### **Field Study Centre "Kids Fund"**

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

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

Environmental charity TIDY Northern Ireland are delighted to announce the launch of their new Eco-Home programme with support from Belfast City Council and the Department of the Environment's Rethink Waste Campaign. Eco-Home is an exciting new environmental programme created to promote waste prevention and sustainable living to all

householders throughout the Belfast City Council area. Participants carry out simple actions and change their environmental behaviours in small ways that can make a big difference. Those who implement the programme should benefit through a reduction in the amount of waste they produce and through money saved from lower fuel and energy bills, whilst at the same time knowing they are helping to save the environment. Households throughout Belfast are being invited to take part in the programme either as an individual householder or as part of a group. Households can register online at [www.eco-homeni.org](http://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](mailto:georgesmyth@btinternet.com)

## **Women's Health & Culture Day Event**

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

## **BRANIEL CELEBRATES 'THE YARD'!**

In recent months the Braniel community have been looking at what the shipyard means to us. On **Thursday 21 March 2013** at **7pm** in **Braniel Church**, the Braniel Primary School will perform extracts from a couple of Dan Gordon's plays; they will sing and play. Dan Gordon and Brian Houston will also take part in this very special evening. Tickets are £5 payable at the door or contact the school via Mrs Holmes 028 9040 1234. Braniel Church is located on the corner of Woodview Drive and the Lower Braniel Road.

## **Mind Your Mate Training**

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

## **Discrimination Advice Seminar**

On **Tuesday 26 March 2013** in **Equality House, Belfast** at **10.00am – 1.00pm** The Equality Commission is holding a seminar to explain the Commission's advisory services and how they can provide support to advice groups. You are invited to this free half day event which will highlight our approach to assisting complainants and how you can refer a complaint of discrimination to the Commission.

If you are interested in attending please register at <http://discriminationadvice.eventbrite.com/#>

## **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](mailto:a.graham@gemsni.org.uk).

## **'Have Your Say Belfast' Survey Response**

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

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

## **Winter Warmer at Refresh**

Until **Saturday 31 March 2013** Free Bread, Soup and Hot Drinks are available **Monday - Saturday** from **10am to 2pm** in **Refresh**, 91 Ravenhill Road. A warm welcome to all. More details please contact Richard Waller, Willowfield Parish Community Association and Willowfield Parish Church on 028 9045 0885.

## **An evening with Peter Corry and Festival Brass'**

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

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

## **Walking off the Blues**

Wear something Blue on **Friday 12 April 2013** at **12pm – 2pm** from **Hollywood Arches to Victoria Park** for Walking off the Blues. This free event hopes to highlight the importance of walking for physical and mental health. Once at Victoria Park, participants can enjoy a free lunch while listening to some Blues music, and finding out about some local walking and cycling clubs, so you want to try them out! As walking is a great way to clear your head and improve your mood, participants will have the option to donate on the day. Funds will go to local charity East Belfast Community Counselling: a charity working to positively impact mental health and wellbeing in East Belfast. Register free at [www.eastbelfastpartnership.org/walkingofftheblues](http://www.eastbelfastpartnership.org/walkingofftheblues) or email [walkingofftheblues@gmail.com](mailto:walkingofftheblues@gmail.com) or telephone 028 9045 1900.

## **"From the Shipyard to the Somme"**

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

<b>Funder</b>	<b>Description</b>	<b>Amount</b>	<b>Deadline</b>	<b>Contact</b>
<b>Good Relations Grant Aid</b>	Support community engagement in the context of good relations work.	Up to £1000	28 March	<a href="http://www.belfastcity.gov.uk/goodrelations/funding.asp">http://www.belfastcity.gov.uk/goodrelations/funding.asp</a>
<b>Lloyds TSB Foundation</b>	Grants for community need/education and training	Up to £4000	Friday 12th April (Quarterly)	<a href="http://www.lloydstsbfoundationni.org/">http://www.lloydstsbfoundationni.org/</a> 028 9032 3000
<b>Tesco Charity Trust</b>	Children's education and welfare/elderly/people with disabilities	Up to £4000	31 March	<a href="http://www.tescopl.com/media/142631/community_award_guidelines.pdf">http://www.tescopl.com/media/142631/community_award_guidelines.pdf</a>
<b>Ireland Funds</b>	New and innovative responses to social need eg. assisting disadvantaged youth	Up to 20,000 Euro	28 <sup>th</sup> March	<a href="http://www.theirelandfunds.org">www.theirelandfunds.org</a>  T - (01) 662 7878 E - <a href="mailto:grantsinfo@irlfunds.org">grantsinfo@irlfunds.org</a>
<b>BIG Lottery</b>	Awards for All - general voluntary and community activity	Up to £10,000	Rolling	<a href="http://www.biglotteryfund.org.uk">www.biglotteryfund.org.uk</a>  BIG Advice Line 028 9055 1455
<b>BIG Lottery</b>	Culture for all - bringing people together to enjoy a range of arts and culture activities	Up to £10,000	30 August 2013	<a href="http://www.biglotteryfund.org.uk">www.biglotteryfund.org.uk</a>  BIG Advice Line 028 9055 1455
<b>Santander Foundation</b>	Funding for salaries, equipment or materials	Up to £5000	Rolling	<a href="http://www.santanderfoundation.org.uk">www.santanderfoundation.org.uk</a> or <a href="mailto:grants@santander.co.uk">grants@santander.co.uk</a>