



East Belfast Community Development Agency eBulletin

EBCDA's eBulletin is distributed on the **1st and 3rd 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**
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1. EBCDA News

Community Support

East Belfast Ethnic Minority Support Network

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

East Belfast Youth Providers Forum

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

East Belfast Community Workers Forum

The next meeting of the Community Workers Forum is on **Tuesday 18 December** at **12.00pm** in the **Skainos building**, Newtownards Road. Please email trisha@ebcda.org or call 9045 1512 to confirm your attendance.

Victoria PACT Meeting

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

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**, Lower Newtownards Road.

Could You Benefit From One to One Support?

East Belfast Community Development Agency (EBCDA) can offer you the opportunity to avail of up to 6 one to one sessions with a fully qualified Mentor. EBCDA have a group of Mentors for those wishing to avail of support outside of their organisations management structure. The Mentors have been trained by the Youth & Community Dept at the

University of Ulster, Jordanstown. If you wish to avail of this support or require further information contact Michael Briggs at EBCDA Michael@ebcda.org To read more detail about Mentoring you can download our report at this link <http://www.ebcda.org/PDFs/MentoringReport.pdf>.

Health Development and Connections Programme

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>.

East Belfast Men's Clinic

EBCDA along with the Wise Men of the East Network will once again be supporting the start of the evening men's clinic at Hollywood Arches Health Centre with health promotion information on Wednesday 1 August 2012 from **6pm till 8pm** and after that on every other Wednesday. The next clinics will be on **Wednesday 21 November and Wednesday 5 December**.

As we all know men are less likely to engage in preventative health checks, to make infrequent use of health services and usually present late with their problems which can mean reduced treatment options. However, in the past 12 months 190 men have made use of the evening clinic which is a modest beginning. The exit survey showed that the clinic experience for the majority of the men was a motivation to improve their health and that they had also thought about a strategy to carry this out.

The clinic is taken by District Nurses and is aimed at men who have not had contact with their GP in the past 12 months. The service offers men over 35 years of age a check up for their weight, blood pressure, screening of their blood, cholesterol level and an opportunity to discuss their general health. The results of raised blood sugar levels, cholesterol, prostate problems, raised blood pressure etc are forwarded onto GPs and the men are advised to follow this up.

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

For further information contact Alan Houston, Health Development Worker, on 028 9045 1512 or email alan@ebcda.org

Supporting Men at Carew Family Centre

EBCDA and The Wise Men of the East Network will be supporting three more consecutive Wednesday morning men only sessions at the Carew Family Centre in Tamar Street. The first session is on Wednesday 28 November 2012 with a presentation by Connswater Greenway, followed by a presentation on gardening on Wednesday 5 December 2012 and finally on Wednesday 12 December 2012 with men's health web site surfing. All sessions start at 10.30am and finish with soup and wheaten at 12pm.

For further information contact Alan Houston, Health Development Worker on 028 9045 1512 or email alan@ebcda.org or telephone Carew on 028 9045 1730.

Volunteer Development Programme

Latest East Belfast Volunteering Opportunities

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

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

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

Christmas Connections

Does your organisation have short term or one-off volunteering opportunities connected to the festive season? Would you like help to promote these opportunities to potential volunteers? Then join in the Volunteer Now Christmas Connections Campaign!

Each year Volunteer Now get calls from people who are interested in doing something worthwhile as part of their Christmas celebrations. Christmas Connections aims to highlight the opportunities available with local organisations as early as possible so individuals and families can plan to get involved in something worthwhile. Perhaps you need volunteers to organise a party for your clients, someone to collect for a toy or hamper appeal, a friendly face for a bag pack, or maybe you simply need some extra elves and a special Santa to make an appearance at a fundraiser?

To get involved – simply upload your role to the Volunteer Now [website](#) and tick **Christmas Connections** under the **activities** section so users can select from all these opportunities. If you don't already manage your own account and would like to, please email the Volunteer Now outreach support team at opportunities@volunteernow.co.uk and they can set this up for you.

Advice on Developing a Befriending Service

Volunteer Now in collaboration with the Belfast Befriending Network have launched a new publication on befriending services. The publication provides good practice guidance around setting up and running a befriending service and signposts organisations to where further information around befriending and managing volunteers can be provided. For further information on the guidelines, Belfast Befriending Network or how to get involved with befriending, contact Ian Cardwell at Volunteer Now on 028 9023 2020 or email ian.cardwell@volunteernow.co.uk.

Volunteering Information

If you want more information about any of the volunteering opportunities above or want to find out about volunteering opportunities in East Belfast and beyond click [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.

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

Bracken, Beacon Day Support New Address

Bracken, Beacon Day Support have moved from 30 Bloomfield Avenue to:

Bracken, Beacon Day Support

Niamh, 2nd Floor
241 Newtownards Road
Belfast BT4 1AF
T: 028 9045 9878
M: 07920809375
E: bracken@beaconwellbeing.org

The impact of debt on individuals and households across Northern Ireland

Advice NI is taking a unique approach to finding out how debt is affecting people across Northern Ireland by facilitating an online discussion with everyone invited to log on to www.voiceni.net and have their say. Key findings will then be fed into a wider research project being carried out on behalf of the Centre for Economic Empowerment by NICVA and Advice NI into the nature, extent and impact of both illegal and expensive legal lending in Northern Ireland.

Anyone struggling to make ends meet and cope with household bills and expenses can take part. Advice NI is particularly interested to hear from people who have accessed credit from expensive legal lenders like payday loans or illegal money lenders and are now struggling to keep up the repayments.

Advice NI can offer people access to Debt Action NI which is aimed at helping those most financially vulnerable in Northern Ireland. The service offers FREE, confidential and impartial debt and money advice services. The purpose is to help people manage their money and debt issues so they can take back control. It also aims to ease the stress and powerlessness people may feel about their financial situation.

To participate in the online discussion, log on to www.voiceni.net. The eConsultation will run to **17 December**.

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.

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. They might want to improve their English, Maths or computer skills but do not know where to start. EGSA offers one to one and group sessions to help adults: explore their options; identify their existing skills, identify any skills gaps and provide information on how to take their next steps; build a CV, complete application forms, develop interview techniques, and explore the use of social media to boost their employability and identify sources of financial support for learning. 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.

British Forces Christmas 2012 Shoe Box Appeal

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

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

Free Finance Workshop

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

Substance Misuse Services

The Public Health Agency have published a list of Substance Misuse Services in August 2012. Please click [here](#) to see the list. All services are delivered across the whole of the Belfast Health and Social Care Trust area.

East Belfast Survivors of Suicide (SOS) “Celebration of Life Event”

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

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

‘Nationalism and the Ulster Covenant’: A Talk by Éamon Phoenix

This Talk is on **Wednesday 28 November** at **2.30pm** in the **Linen Hall Library**. The 1912 Ulster Covenant stands out as one of the most significant documents of modern Irish history. The talk will be followed by a Q&A and debate session. Places are limited so please contact Jessica Blomkvist on 028 9020 2030 or email Jessica.blomkvist@bcrc.eu Tea/coffee and refreshments will be provided.

Suicide Awareness Walk

On **Sunday 9 December 2012** at **1pm** Young People for Suicide Awareness will be leaving Hollywood Arches health centre going to Belfast City Hall to raise awareness for suicide prevention. It is hoped you can all join us for this event to help raise awareness on suicide prevention. A DVD will also be launched at the City Hall at 2pm where refreshments will be provided. The DVD has been made to highlight the issues around suicide and its impact on families and local communities. For more information search for “Walk for Suicide Awareness” on Facebook.

Migration Awareness and Ending Hate in our Communities Training

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

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

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

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

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

This project is supported under the Belfast Peace Plan by the European Union's European Regional Development fund through the [Peace III programme](#) for Northern Ireland and the border region.

Alzheimer's Society Dementia Activity Group

We hope to change people's lives by preventing isolation that they may feel. We aim to do this by providing a social informal setting where there will be peer support to share experiences and gain practical information on living with dementia. Staff and volunteers will facilitate discussions and there will also be facilitated speakers on the topics that are most important to the individual group.

Alzheimer's society recognises having dementia does not make a person, a person's personality, interests and history make someone who they are. We want to ensure we do not forget the person and be taken over by the impact of the illness. Therefore the concentration of each group will be on a range of activities such as reminiscence, light exercise, social hobbies and cognitive stimulation.

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

Self Harm in Your Community – Understanding the Relationship to Suicide

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

Suicide Prevention - What Works?

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

Challenging Pain Workshop

Challenging Pain is a complete pain management programme including a variety of participatory pain management techniques designed to help people deal with their pain. Challenging Pain is a workshop delivered over two weeks in 3 hours per week by two people who have personal experience of long-term pain and have been trained by Arthritis Care. The 'Challenging Pain' workshop includes the following: Week 1 what is pain, know your pain, why challenge pain, conscious breathing, why exercise, setting personal goals, managing stress, and relaxation exercises. Week 2 feedback from goal setting, diversion techniques and pacing, medication, can other therapies help, managing our negative thoughts, can clear communication help, review of the pain techniques taught information and sharing resources. The next course will take place on **Wednesday 28 November** and **Wednesday 5 December 2012** in **Knocknagoney Community Centre, 41a Knocknagoney Drive, Belfast, BT4 2QF** from **10.00am – 1.00pm**. To book your free place, please contact the Training Team, Arthritis Care Northern Ireland on 028 9078 2940.

Knocknagoney Primary School Open Day

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

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

Indoor Christmas Fair

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

Sexual Health Education Facilitators Training Course

This course is designed for people who would like to develop their knowledge and skills to become providers of Sexual Health Education, as part of their current role and/or in the wider community in the Belfast area. This course has been accredited by the Open College network (OCN) as a Certificate in Sexual Health Education with 12 credits at Level 3. To complete this accreditation requires full attendance at 10 training days along with personal study and completion of course assignments. Applications are welcome from people working in either statutory or voluntary sectors within the Belfast Area who want to provide Sexual Health Education, with young people/adults. Places are restricted to 10 participants. ACET has been funded by the Public Health Agency to provide this accredited course in the Belfast area, therefore ACET can provide this course free of charge to the course participants. Dates in 2013 is Jan: Thursday 17th, 24th, 31st. Feb: Thursday 7th, 14th, 21st, 28th. Mar: Thursday 7th, 14th, 21st. 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 Alternatively, please contact Nigel Armstrong at nigel@acet-ni.com or telephone on 028 9032 0844.

East Belfast Mission Christmas Hamper Appeal

East Belfast Mission is looking for referrals for families who could benefit from a Christmas hamper over the Christmas period. Please forward details onto Megan Miller at megan.miller@ebm.org.uk or call 028 9045 8560 before the week commencing 10 December when EBM will begin to distribute the hampers. Donations of non-perishable goods are welcome and can be left in to the Skainos building. Contact Megan for more information.

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. Contact Annie if you would also be interested in volunteering on the day.

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.

Belfast City Council Funding Opportunities

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

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

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

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

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 for more information.