



MAIL

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Keeping the Community Sector in East Belfast Informed

Issue 30 June- September 2011



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The RECALL Project

An innovative project to help tackle the isolation, exclusion and fear of older, vulnerable and disabled people in east and south Belfast

Reaching and Engaging

The Reaching and Engaging with Community Advice and Link Line [RECALL] project is a free community-based good neighbour support service.

It provides support to older and vulnerable people in South and East Belfast through a daily Telephone Call service, a Befriending service and an Advice service. This allows them to remain independent in their own homes and to function in, and make a contribution to, their own communities.

It reduces the fear of crime felt by so many and helps overcome social isolation by providing support, advice and practical help



"If I'm having trouble or I'm worried about anything the project's staff are on the other end of the phone to offer support and advice."

Peggy Trimble, 75, who receives support from the project.

in times of need. It enhances the health and wellbeing of the individual and reduces social isolation and the risk of mental ill-health. In conjunction with our partner agencies RECALL promotes and enables opportunities for active citizenship by enabling older and vulnerable people to re-engage and play a valued role within their own communities and wider society.

RECALL is based in three locations in East Belfast:

- www.oasis-ni.org
- www.ebiac.org
- www.bridgeassociation.co.uk

To make a referral to RECALL or for further information please contact any of the following:

- The Bridge Community Association
028 90221221
- Project Coordinator (RECALL)
028 90221225
- Telephone Supervisor (RECALL)
028 90469946
- Oasis Caring in Action
028 90872277
- Befriending Supervisor (RECALL)
028 90872277
- East Belfast Independent Advice Centre
028 90963003
- Outreach Advice Worker (RECALL)
028 90963003



Construction begins on the Connswater Community Greenway and East Belfast Flood Alleviation Scheme

The appointment of Connswater JV as the main contractor for the Connswater Community Greenway/East Belfast Flood Alleviation Scheme has enabled work to commence on delivering this much needed project for east Belfast.

Work is currently underway creating a new culvert for the Loop river through the Red Sky site off the Castlereagh Road. This culverting will increase the capacity of the river to handle flood waters and, when the entire scheme is completed, will provide flood protection along the Loop river against a 1 in 100 year flood event.

Connswater JV is a joint venture between Galliford Try Infrastructure and SIAC (NI)LTD and they have established a Project Office for the duration of the project at the Arches Centre, 11 Bloomfield Avenue, Belfast. Connswater JV are operating an open door policy should anyone wish to call in to their office to find out how construction will impact on their area/property through the build programme. In addition they have established a 24hr project helpline to answer any query residents might have about the project works. The 24hr Project Helpline number is 02890458786



PARC Study (Physical Activity on the Rejuvenated Connswater) Update—PAL Launch

With the PARC study aiming to measure the impact of creating a new linear park through east Belfast on the health of local residents, Queens University are looking at interventions that would encourage exercise and usage of the Greenway. Perhaps the most exciting intervention planned is the use of the latest technology to track physical activity along the route using a loyalty card and a series of electronic sensors positioned along the route. This system is known as the Physical Activity Loyalty (PAL) Scheme and enables users to track their physical activity levels by swiping the microchipped card at the sensors. As well as building up reward points the system will track time spent, distance travelled and calories burnt all of which will be available to users through a dedicated website. Reward points built up will be redeemable through local businesses. To ensure this new technology works properly the system is currently being piloted around Stormont Estate for the next 12 weeks with some 400 civil servants participating.

How to get more involved or find out more about the Connswater Community Greenway

With 41,000 people living along the CCG route and with the Greenway passing through business parks etc... this is a project that will have a huge impact on local residents, schools, communities and businesses. It is also a community led project and we are, therefore, keen to ensure that everyone has the opportunity to learn more about the project and to become involved with its development and delivery. You may have ideas about what you would like to see along the CCG route, you may have concerns about some of the proposals or you may wish to become involved through volunteering, community adoption schemes or special interest groups such as cycling, orienteering etc...

To ensure that the project achieves its full potential we are keen to talk to individuals or groups and describe and explain what the project is about and what we hope it can achieve. We want to hear your thoughts, ideas and concerns and we want your help in delivering a project that the whole of east Belfast can be proud of.

If you want to find out more or feel you have something to contribute to the project please contact our Community Engagement Officer, Sean Brannigan, at the address and telephone number below. Alternatively you can e-mail sean@eastbelfastpartnership.org or call 9045 1900.

Volunteer News



Hello! My name is Katy Purvis and I am the new Volunteer Development Coordinator at EBCDA.



I was born and raised in Hollywood, but now live in East Belfast. My education journey started in Electrical Engineering, then Theology and Youth Ministry but more recently I completed a Certificate in the Effective Management of Volunteers. I've been involved in volunteer work as a Church Youth Worker, a Project Leader and as a volunteer. My career has taken me to Kenya, Argentina, Paraguay and South Africa, as well as working in projects closer to home such as Dublin and Dunmurry.

I play the guitar and sing in a covers band and one day hope to fulfil my ambition of singing on the stage of the Royal Albert Hall – before getting kicked out for trespassing!

I'm really excited about working in East Belfast, and look forward to meeting you all.

Volunteers' Week is a national campaign that celebrates volunteering and runs from 1 - 7 June each year. This year the theme for Volunteers' Week is Inspiring and Celebrating. Volunteers are important and they make a real difference to the lives of other people, their communities or the environment. Volunteers' Week gives us the opportunity to shine the spotlight on volunteers and give them the recognition and thanks they deserve.

Did you know...

...there are approximately 282,000 volunteers in organisations in Northern Ireland and 92% of sports clubs or governing bodies couldn't operate without the support of volunteers (Volunteer Now)

...in an East Belfast survey, organisations had an average of 107 hours per week of their programmes covered by volunteers (EBCDA)

...that volunteering is good for your health. Recent research reveals that a fifth of volunteers surveyed reported an increase in general health and almost a third reported increased self-confidence (Institute of Psychiatry of King's College London)

Have you ever thought about volunteering? Why not use Volunteers' Week to find out more.

You could...

- ⇒ look through the current volunteer opportunities listed on ebcda.org or pick up a list directly from EBCDA. Our Volunteer Development Coordinator will help you to work out which opportunity would suit you best.
- ⇒ register with EBCDA as an events volunteer, someone who donates their time to be a part of one off events. If you have limited time to give this could be a great option for you.
- ⇒ sign up your skills to the developing Skills Bank at EBCDA. We hope to compile a list of skills that people can offer community groups in East Belfast. From artists and accountants to line dancers and locksmiths to vocal coaches and van drivers...your skill could be the very thing that a local group has been looking for!

Does your group involve volunteers?

EBCDA can help you...

- ⇒ find volunteers. EBCDA keep an up to date list of volunteering opportunities that is advertised it on our website and distributed to

interested volunteers. We provide a matching service where we signpost potential volunteers to groups where their skills, talents and experience could be best used.

- ⇒ manage volunteers. It can be daunting to be the person in your organisation appointed to manage the volunteers. EBCDA offers advice on volunteer management and can signpost you to the appropriate agencies best suited to deal with your needs.
- ⇒ find peer support. If you are responsible for volunteer management in your organisation it can be good to know others in the same position in East Belfast. We hope to set up a volunteer coordinators forum in East Belfast where problems can be shared, ideas discussed and support offered.

If you are interested in volunteering in East Belfast or are a group that involves volunteers, contact Katy, our volunteer Development Coordinator at katy@ebcda.org for more information.

Farewell to Ian



Just a quick note from me to say that, I left my post as Volunteer Development worker at the end of March 2011.

It has been a great 5 years for me helping people get involved in the local community, seeing the positive changes that volunteering brings to both the individual and the group.

I wish you all the best and I hope you continue to enjoy your volunteering in East Belfast. Don't forget you do a great job and contribute hugely to the community groups you help. Keep up the good work.

Ian McKee

Here are contact details for the recently elected MLAs for East Belfast.

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C O M M U N I T Y N E W S

Strong turnout at EBCDA Funding Fair



Over 40 representatives from community and voluntary organisations in East Belfast attended EBCDA's Funding Fair, at the Re:Fresh Café. The evening was a chance to speak to grant-giving organisations "face to face" about potential funding opportunities across a range of themes and priorities.

Fifteen funders were in attendance, including BIG, Children in Need, Lloyds TSB, Arts Council NI, and Comic Relief. Community Support Manager Jonny Currie said "meeting funders in person can help to break down the barrier in peoples' mind at times - that these organisations are reluctant to part with their funding. The reality is that they want to support worthwhile projects and be as helpful as possible with the process."

EBCDA maintains a database of potential funding opportunities and also subscribes to NICVA's Grant-Tracker service. If your group would like any assistance with funding please contact Jonny Currie at jonny@ebcda.org or call 028 90451 512.



at Inverary Community Centre

The Bytes Project is currently based at Inverary Community Centre, Inverary Avenue on Tuesdays and Wednesdays from 1.00pm to 9.30pm.

If you are aged between 15 - 25 it offers:



Free Internet Use

Free Email Use

Learn Web Design and Desktop Publishing

Search for Jobs and Courses online

Create a CV to help you find a job

You can get access to Free Qualifications

and much much more...

Contact Pauline on 028 90 659756 / 07779042120 or email inverary@bytes.org for information, or just call in for coffee and a chat.

East Belfast Mission Women's Group



The East Belfast Mission Women's Group has been going strong since it was created in 2005. The original group of 12 was made up of members of the Mums and Toddlers group and women from the local community, who decided to form a special group to discuss and support one another in their mutual concerns and interests. They began by doing arts and craft projects, talking as they worked about their everyday lives and families.

Eventually, the Women's Group began to work on various projects, the highlight of which was a two-year project that explored the diverse religious and cultural traditions of Belfast. Guest speakers came from the Jewish and Muslim communities to talk about their respective faiths and cultures. The project also included trips to a Muslim mosque, a Jewish synagogue, and Clonard Monastery—the first visit to West Belfast by most of the women in the group. The project culminated in the women joining in the St Patrick's Day parade in the city centre, proudly carrying the banner for the East Belfast Mission Women's Group.

In September 2009, the EBM Women's Group carried out a year of cross-community work with the Short Strand Partnership's Women's Group, discovering through creative projects, discussions, and residential that they were "different, but the same" in the bigger view of things. The most surprising thing, EBM group leader Sandie Gallagher remembers, was *"the similarities—that we had so much in common. We'd always just taken it that we were different."*

At the end of the year, the two groups decided form one group, meeting alternating weeks in each other's community centres. *"As far as cross-community goes,"* Sandie commented, *"we could have met up with a group in Dublin, but we probably would have only met once a year. This way we were able to meet up regularly. We decided for ourselves to stay together, because the women had made friends in the group."* When everyone met for the first time, she remembers, *"I think everyone was nervous. But we were all very glad we'd done it."*

In September 2010 the women began a joint art project: two large circular ceramic tile artworks, titled "Circles of Life", one to be installed at Short Strand and the other at EBM. Each section of the two artworks—each worked on by both groups—depicts a different area of the women's lives:

friendship, family, home, education, faith, work, community, mutual respect and support. The two pieces of art are permanently installed at re:refresh, EBM's community café, and the Short Strand Community Centre.

Currently the group is doing a six-week course to learn Ulster Scots and Irish language. The women have a full programme of events that will continue until June, before breaking for the summer holidays. The group meets every Tuesday from 7.00 to 9.00 pm. The group is open to women of all ages living in East Belfast. Contact Sandie Gallagher at 9045 8560 if you would like more information.

Member profiles

If your group would like to be featured in the next issue of the EMail Newsletter contact Jonny Currie at jonny@ebcda.org or call 90 451512.



Contact the Health Development Team on 90 451 512 or email:

Alan Houston alan@ebcda.org
 Chris Deconink chris@ebcda.org
 Sharon Traynor sharon@ebcda.org

Health Development & Connections Programme

Get Active Men's Group



A group of eight men completed a successful 10 week physical activity programme at the end of 2010. To build on this the Group is meeting up again every Wednesday at Dee Street Community Centre. Their plan for 2011 is to involve more men between the ages of forty and fifty year olds to become more active by trying new activities such as fishing, gardening, walking, cycling and archery.

The Group is also trying to make a contribution to their community and have raised over £200 for bowel cancer prevention. They are also in process of planning how to help maintain the community garden at Carew II.

For further information contact: Alan Houston, EBCDA, Health Development Worker at alan@ebcda.org



Mental Health First Aid Training



Members of the Ballyoran Centre have just completed a 12-hour training course on Mental Health First Aid delivered by East Belfast Community Development Agency's Health Development and Connections Programme. The course is designed to give important skills to participants to help someone who is developing a mental health problem or experiencing a mental health crisis.

The training, which teaches participants to be 'first aiders', is specifically targeted at those working with individuals at risk of developing mental health problems. Mental health problems are very common affecting about a quarter of the population with most common problems being anxiety and depression, affecting around 1 in 10 people and can be severe impacting on a person's ability to get on with life.

The aims of the training are: to preserve life where a person may be a danger to themselves or others; to provide help to prevent the mental health problem developing into a more serious state; and to offer comfort and promote recovery from a mental health problem.

For more information contact: Alan Houston tel. 028 90451512 or alan@ebcda.org

Bloomfield International Women's Health Fair



EBCDA Health Development and Connections Programme along with Bloomfield Community Association came together to promote a women's health fair on Monday evening 14 March 2011 at the centre on Hyndford Street. There were five agencies participating to provide support and health information to a group of fifteen women that included; medical checks, beauty therapy, breast health awareness, complimentary therapy, children's health information and dental health awareness. Karen from the Community Association said: "There was a lovely atmosphere in the centre and we made some new friends who were in the centre for the first time."

Clarawood "Fit for Life" Health Checks



Action Cancer's Big Bus came to the estate for the first time at the end of March. The prominent site attracted 13 breast screening appointments, 7 weight management checks, 9 health checks, with many men just dropping in for a quick health MOT.

Ardcarn Women's Health Clinic



EBCDA worked with Ardcarn Residents Association to hold a health drop-in clinic in March in their premises on Ardcarn Green.

As well as health checks, the clinic included massage therapies, allergy testing, body mass index and cancer awareness information.

Bottled water and fruit kebabs were also on hand! It was a very successful first event in Ardcarn and has laid the foundation for future health development work in the area. To find out more about opportunities to hold a similar health clinic in your area contact Sharon at EBCDA on 028 90451512 or email sharon@ebcda.org.

Have you considered joining the Patient Client Council?

The Patient and Client Council (PCC) was established on the 1st April 2009, as a powerful, independent voice for people. The overarching objective of the PCC is to provide a powerful, independent voice for patients, clients, carers, and communities on health and social care issues through the exercise of the following functions:

- to represent the interests of the public by engaging with the public to obtain their views on services and engaging with Health and Social Care (HSC) organisations to ensure that the needs and expectations of the public are addressed in the planning, commissioning and delivery of health and social care services;
- to promote the involvement of patients, clients, carers and the public in the design, planning, commissioning and delivery of health and social care;
- to provide assistance to individuals making or intending to make a complaint relating to health and social care;
- to promote the provision of advice and information to the public by the HSC about the design, commissioning and delivery of health and social care services.

You can join the PCC's membership scheme by visiting: <http://www.patientclientcouncil.hscni.net/get-involved>

For more information on the Patient Client Council and other opportunities to influence decision-making within the health system contact Chris Deconink on 028 90451512 or email chris@ebcda.org.



The Survivors of Suicide Group {SOS} was formed in September 2006 in response to the rise in suicides in the Belfast area. We felt at this time in the East and South of the city, and also in Castlereagh Area, that there was no one or place people could turn to for help in the aftermath of a suicide.

The group was therefore set up by and is run through the families and friends of those who lost their lives to suicide and our aim is to provide help, support and comfort to those left behind. We provide a shoulder to lean on and an ear to listen, as well as open and honest answers to the many difficult questions that are asked in the aftermath of a sudden death by suicide.

Those in our group are no different to anyone else who has lost a loved one, but through relevant experience we feel that we can help others by sharing our own stories from our personal loss.

Many family and friends have received a lot of help from the group and many of those who have come on board are getting "something they could not get anywhere else". We in the S.O.S group also provide other services for the families and friends in the form of counsellors and complimentary therapists. Our group booklets also provide important information on many matters relating to the aftermath of a suicide.



The Celebration of Light Event at McQuiston Memorial Presbyterian Church in November. There was a range of musical items and recitals for families bereaved through suicide. There were over 100 people in attendance.

The group meets on the first Thursday of each month at Connswater Community Centre, Severn street (off Connswater St, Newtownards Road) . All are welcome and if you require further information contact:

Trisha McQueen, Suicide Prevention Information officer, at survivorsofsuicidesupportgroup@hotmail.co.uk or email trisha@ebcda.org. You can also call 028 90451512.



Join the East Belfast Survivors of Suicide Facebook Group



Follow the group's twitter feed at www.twitter.com/eastbelfastsos

Getting the most out of Gift Aid

Gift Aid is a scheme that allows charities and CASCs to claim back the basic rate tax already paid on donations by the donor and is currently worth 25p for every pound donated by UK taxpayers.

If you want to start claiming Gift Aid, your charity must register with HMRC for tax purposes. If you are a UK registered charity, HMRC will need your charity registration number.

Once you have determined your status, the next step is to write to HMRC. If you are a registered charity, then you need to provide the full organisation name, address and charity number. Organisations that are exempt or excepted are required to provide extra information to HMRC:

You will need to complete the [HMRC Charities Application form](#) which will ask for the full organisation name, address, a signed and dated governing instrument, a brief description of why you are requesting this status, details of activities, copies of literature and the date on which the accounting period ends. You will also need to nominate an authorised signatory and/or claimant, who is authorised to make the claim on behalf of your charity.

If you are unsure about what information you will need to provide HMRC, you can contact their charities helpline on 0845 302 0203.

HMRC will then check that you are entitled to claim Gift Aid and issue you with a unique reference number. This number should be

entered into the appropriate section of all your Gift Aid claims.

HMRC have recently introduced a new 'intelligent' claim form – the [R68\(i\)](#). This is the form that you need to complete in order to make a Gift Aid claim. A paper form is still available on request, but forms submitted electronically should be more accurate and processed quicker.

Charities must be aware that there are time limits for making Gift Aid claims. All charities must consider the '4 year rule' on all Gift Aid claims. The charity must make a Gift Aid claim within 4 years from the end of the accounting period in which the donation was made.

It is worth noting that after the end of transitional relief in April 2011, HMRC will only backdate claims for transitional relief for 2 years after your charity's tax year end. All other Gift Aid repayments will continue to be made for 4 years.

Providing all the information is correct, HMRC aim to pay first claims within 25 working days and subsequent claims within 15 working days.

Visit www.tax-effective-giving.org.uk for more detailed information.

Free online resources for your group

Funders will now, more so than ever, be searching for the investments which will yield the greatest return on investment, so groups and organisations need to ensure they can effectively demonstrate the impact that their work is having on communities. Here are a few useful resources for shouting about your work:

FLICKR photo sharing (www.flickr.com)

Flickr is a website for photo sharing, which allows you to chronologically tell the story of your organisation through photography. Users get comments, notes and tags on their photos, and can post them to any blog. Flickr is a great way to visually demonstrate the projects you are working on and show the positive impact on the lives of beneficiaries.

A free website in 10 minutes (www.charitywebsites.net)

A website is often the first point of contact for potential future funders. Ensuring that this is a positive experience could mean a big difference for your group or organisation. The Charity Technology Trust provide an excellent free website. There are a wide range of templates to choose from and editing your new website is simple, using an editor similar to Word and Powerpoint.

Twitter (www.twitter.com)

Twitter is a "micro-blogging" tool, with a social focus. You can post messages of up to 140 characters to people interested in you or your organisation – these are your "followers". You can also "follow" others whose updates you wish to read.

Wordpress (www.wordpress.org)

WordPress is an easy to use blog/website function tool. It is simple to use, but also has the functionality to be quite sophisticated dependent on the user's skill level. Blogging is a great way to get your articles picked up by search engines and reach new audiences.

UnLtd* UnLtd Ignite Awards

The Ignite Awards are delivered by UnLtd – The Foundation for Social Entrepreneurs and funded by The Atlantic Philanthropies. The Ignite Awards are aimed at people who are over 50 who have the ideas and commitment to change their community or wider society. UnLtd aims to find, fund and provide practical, personal, leadership and project development support to individuals with entrepreneurial solutions to the issues faced in an ageing society in Northern Ireland.

A maximum of 115 Awards will be made in total to selected individuals. Each person will receive one to one support over their 12 months on the programme. Applicants must be:

- 50+
- Living in Northern Ireland
- Applying as an individual, or an informal group

Ignite Development Awards: Awards up to £15,000, these are designed to free up the most promising individuals' time to develop their projects to scale. Six awards will be made in total through competition between participants. Each person will receive a bespoke support package over 12 months designed to help their project grow and scale. Award Winners will develop a sustainability/business plan. Applications will be open in spring and autumn 2011 and more details are available on our website www.unltd.org.uk.

For more details contact Lesley Johnston on 028 9024 4007 or email lesleyjohnston@unltd.org.uk

Upcoming funding deadlines

Featured below is a brief selection of upcoming funding deadlines. For a wider range of grant information, or if you are looking for further funding support. Contact Jonny Currie, Community Support Manager on 90 451512 or email jonny@ebcda.org.

Comic Relief Mental Health

This programme from Comic Relief aims to promote the rights and support the recovery of people who have mental health problems, and to help them feel more included in society. It also aims to reduce the stigma and discrimination faced by people with mental health problems. Your work will need to deliver one or more of the following outcomes:

Grants usually vary between £25,000 and £40,000 per year for a maximum of three years,

and rarely exceed this upper limit. The deadline for this cycle is **1 July**. Visit www.comicrelief.com for more information.

Tesco Charity Trust

Grants of between £500 and £4000 are available for the Children's education and welfare category. The deadline is **30 June**.

Visit <http://cr2010.tescopl.com/communities/tesco-charity-trust.aspx> for more information.

Lloyds TSB Foundation

The next closing date for their standard grant programme is **Friday 8 July**.

The average grant awarded within the standard grant programme is in the region of £5000 to support underfunded charities that enable people to play a fuller role in the community. Visit www.lloydstsbfoundationni.org for more information.

Belfast City Council Support for Sport

Sports clubs can apply for

one of 12 annual grants, worth £5,000.

To be eligible, clubs must have a full constitution, an active development plan and want to use new initiatives to expand their organisation. The closing date for self-assessment forms is **Thursday 30 June**. The closing date for final applications is 12pm on **Monday 18 July**.

For queries about the Support for Sport scheme, call 028 9027 0515 or email supportforsport@belfastcity.gov.uk.

Funding for Anti-hate Crime Projects

If you are organising an event which fights hate crime by challenging attitudes your event could be eligible for a grant of up to £500.

Events can be large or small and could involve activities such as cooking, music, sport, art or drama. Successful awards will be made on a first-come, first-served basis. For more information, call Laura Hamill on 028 9027 0469 or email communitysafety@belfastcity.gov.uk.



Charity Commission Launches Pre-Registration Process

The Charity Commission for Northern Ireland (CCNI) has been contacting groups in order to verify the details passed on to them by HM Revenue and Customs.

The wording of the public benefit test needs to be amended, through the legislative process of the Assembly, before the Register of Charities can be established. It now looks unlikely that the amendment will happen before the Assembly dissolves for elections in late March, which will further delay the establishment of the Charities Register.

Despite the delay with the establishment of the official register of charities, CCNI has launched a pre-registration process. It has written to all organisations that have been granted charitable status for tax purposes, asking them to verify the contact information that it has been given from Revenue and Customs (HMRC). If your organisation has not received a letter from the Charity Commission, and you already have a HMRC letter, then please contact CCNI Pre Registration on Tel: 028 9051 5492 or email admin@charitycommissionni.org.uk.

A representative from the Charity Commission will be speaking at EBCDA's Annual General Meeting on Wednesday 29th June at 7.30pm in Connswater Community Centre.

Street By Street - Volunteers wanted!

The Street by Street community safety project continues to work in the Bloomfield/ Beersbridge Road area in partnership with Walkway Community Association and Ravenlink every Friday and Saturday evening.

From January the project has expanded into the Lower Woodstock/ Ravenhill area working closely with Raven Link Residents Group.

If you are working with anyone who has a community safety concern, Street by Street can be contacted on the following numbers; Bloomfield/ Beersbridge - 07929422225; Lower Woodstock/ Ravenhill - 07902502540.

There are also many volunteering opportunities within Street by Street. If this is something you or someone you are working with, may be interested in, contact Michele English, Street by Street Coordinator on 02890456766 / 07894568956 or michelle@alternativesrj.co.uk



Certificate in the Effective Management of Volunteers

Places still available!

This third-level Certificate is organised and delivered jointly by Volunteer Now and Queen's University Belfast.

Delivered part-time over one year, it provides an academically rigorous programme based on nationally recognised standards of good practice and is the highest level qualification available in Northern Ireland in volunteer management.

The programme is open to individuals who have some current responsibility for managing volunteers.

The cost is £680 – however a number of 70% bursaries are available for those who manage volunteers within the voluntary community sector.

For further information (course dates, times, application process and assignments) go to www.volunteernow.co.uk/training-and-standards/volunteer-management-training and select Queen's University Certificate.

Alternatively contact Fiona Nicol at Volunteer Now on 028 9081 8325 (Tuesday – Thursday 8.15am-3.45pm) or email fiona.nicol@volunteernow.co.uk

Details on all training and opportunities may be found at: www.volunteernow.co.uk

NICVA Vital Links Policy Training

Do you want to improve your knowledge of the Northern Ireland Government and Assembly? NICVA's Vital Links project will be running free training events aimed at helping voluntary and community organisations better understand how the institutions of government in Northern Ireland work.

NICVA's Vital Links project will be running free training events aimed at helping voluntary and community organisations better understand how the institutions of government in Northern Ireland work. We will focus on engaging with them on issues affecting our sector as well as learning more about how to lobby for real change.

The Training is based around four distinct but complementary areas;

- Getting to know the Assembly
- Making Policy Work for You
- Successful Lobbying and Campaigning
- How Government Department get and spend their Budgets

The training is delivered in an interactive, participative style and will bring you face to face with decision makers and insiders in the political system in the form of MLAs, government officials, political experts and successful influencers. The sessions are designed to help you take what you learn from your own organisation's work and feed it into the decision making processes of government to try to bring about real change.

If you would like further information on each of the courses or to access a booking form, please email info@vitallinks.org. or call 90 877777.

East Belfast Community Counselling Services



East Belfast Community Counselling was created to help fulfill a need in the local community, to provide a vitally-needed counselling service for adults who might otherwise be excluded because of finance or shortfall in service provision.

As an organization we believe that everyone should have access to high quality counselling irrespective of their ability to pay.

The counselling service is open to anyone over the age of 18 regardless of whether they are male or female, whatever their sexual orientation, ethnic origin, culture or religion, so long as we feel their needs can be met.

East Belfast Community Counselling is a Community Interest Company(CIC), we work for the benefit of the community and not for private advantage. We have a built in asset lock which ensures that any profits are passed back into the community.

For more Information contact: East Belfast Community Counselling CIC

First Floor
126 Bloomfield Avenue
Belfast
BT5 5AE

Email – info@eastbelfastcounselling.org

Telephone – 028 90460489

CIC Company Registered in Northern Ireland No NI605989
Registered Office 126 Bloomfield Avenue, Belfast, BT5 5AE.



EBCDA Registered as Umbrella body

EBCDA is now registered as an umbrella body to countersign applications for Access NI disclosures. Access NI is the system for disclosure of an individual's criminal history. All organisations who wish to access criminal history disclosures for potential staff volunteers need to register directly with Access NI (for a cost of £150) or if they don't want to register directly then can use an umbrella body. For more information contact Jonny Currie at jonny@ebcda.org, Katy Purvis at katy@ebcda.org, or call 90 451512.

Hosford House Tenancy Support

Who is Hosford House?

Hosford House is the homeless service of the East Belfast Mission. We have provided support and shelter for homeless people for the past twenty years. Normally we are based on the Newtownards Road but for the next two years we are based at Cromwell Road in the Botanic area. In 2012 we will move into a new state of the art hostel which is part of the Skainos re-development on the Newtownards Road.

We provide a safe and caring environment where people can have the space to rebuild their lives and recover from the traumas they have experienced. Our focus is on supporting people to make positive changes and to develop and achieve their goals. To assist in this we have a wide variety of programmes which try to remove barriers which homeless people experience.

We have a football team and run a football league for excluded groups. Part of this programme involves access to free coaching and refereeing courses and the chance to play in all Ireland tournaments and the Homeless World Cup. We run an allotment where we grow fruit and vegetable and provide training in gardening and horticulture. We also provide a counselling service, a literacy trainer, and cooking classes. Throughout the year we offer a calendar of alternative therapies and recreation events.

The service is open to men and women from 18 to 65. Access is direct and you can refer over the phone.

What is Tenancy Support?

Our Tenancy Support team provide practical and emotional support to people who are living independently but encountering problems and to people who are homeless. We aim to enable people to live independently through developing their skills and their ability to deal with problems.

Need to contact Us?

For more information/ to make a referral please contact:
53 Cromwell Road Belfast BT7 1JX
Telephone: 028 90238717

What support is offered?

- Housing advice and assistance
- Benefits advice and assistance
- Advice about debt and budgeting
- Assistance with integrating into the community
- Accessing other services , for example counselling and health services
- Guidance in dealing with disputes with neighbours or others
- Advice and assistance with getting into education, training and employment
- Guidance with practical issues in the home
- We offer support in many other areas depending on the needs of the individual
- We visit people in their homes or in the community on a daily-monthly basis depending on need
- Our support lasts up to 9 months
- We offer telephone support outside office hours

Who can receive this support?

- People who need support to live independently or to find suitable accommodation
- People who are homeless or at risk of homelessness
- People over 18 years of age

How do you access this service?

- Referrals can be made over the telephone, in person, or by completing the referral form and posting it to our office
- Referrals can be made directly or by an agency/service
- On receipt of the referral staff at Hosford House will assess it and let the person know the outcome verbally or in writing if requested
- If the referral is accepted a support worker will contact the person to arrange an interview to establish the needs of the individual and whether the service is appropriate
- When we cannot offer our service we can assist with getting appropriate support from other services
- There is an appeals process for unsuccessful applicants (contact the office for details)



East Belfast Sure Start are expanding their services to the Bloomfield area and have just opened the doors to a new Programme for 2 Year Olds in Avoniel Play Centre This will be the fourth Programme they are providing for children from 2 to 3 years of age under the banner of "A Way 2 Play".

"Children attend every morning from Monday to Friday and we make sure the learning experience is child led, fun and inclusive. Parents are invited to join in the fun at the Stay and Play sessions held on Friday mornings. Everyone gets down and dirty together doing messy play, art activities, dough making etc. Parents can also participate in a range of workshops and training courses that will build confidence and enhance parenting skills"

"The main aim is to give children a good start in life so that they flourish when they get to school". Elizabeth Dalton the Early Learning Co-ordinator at Sure Start makes sure the children get the maximum benefit from the time they spend in the various childcare services. "Qualified staff are on hand at all our childcare settings to make sure the children get the most from the play activities on offer and subsequently learn the most from the experience"

"At Sure Start we strive for best practice in everything we do which makes us confident the services we provide for local families will equip them to make the most of their potential". Geraldine O'Regan the Project Co-ordinator informs us that East Belfast Sure Start have been in operation for the past ten years so the local community can expect to have a good time at the celebration party to be held in the near future. "Never mind that we are close to the Lagan but we will definitely be pushing the boat out that day".

For more information contact East Belfast Sure Start on 9096 3399.

Director's Update.....

Templemore Avenue School/East Belfast Network Centre

Well we are at all systems go for the development of Templemore Avenue School as an East Belfast Network Centre. The full funding package of £3.9m is more or less finally in place, substantially less than we originally had budgeted for. Our Architects been through most of the processes for appointment of a contractor and are now moving into the final stage. Once this is completed we intend to have the appointed contractor on site in September 2011 with a 12-15 month refurbishment contract, we could be taking ownership sometime between October and December 2012.

The financial support we have received from the Strategic Investment Board (SIB) and Princes Regeneration Trust has continued to support the ongoing professional fees and management fees for the development. Without their support we wouldn't have been able to move so quickly. The building is now on the "at risk" register of Northern Ireland Environment Agency (NIEA) so having the funding in place now is significant in terms of stopping the fabric of the building decaying any further.

We were pleased to host the past Lord Mayor of Belfast, Cllr Pat Convery and Gerry Millar, Director of Belfast City Council Property and Projects Department, to Templemore Avenue School. They were interested to hear about the progress to date and the fact that we could soon be on site. As a young boy the Lord Mayor visited East Belfast and remembers Templemore Avenue School when it was operational. When visiting the school they were saddened to see how much it had fallen into to disrepair and could see the need to act soon before the building gets beyond refurbishment.

Peoples History Project – Templemore Avenue School

As part of our commitment to record the peoples history of the project, we want to pull together information about the experiences of people who attended the school as pupils or taught in the school. We are looking for people who might have photos, reports, and letters from the school over its 50 year history. We are also looking to interview people through video and audio, who went to the school, for the production of a book and to put the video recordings on the website.

If you know anyone who went to the school and would be willing to be interviewed or if you know of anyone who has photos, reports, letters from the school, then please email sarah@ebcda.org or phone EBCDA and speak to Sarah.

Community Development Framework

We now have the Community Development Framework completed and currently it is with the printer. We will be launching it at our AGM on 29th June at 7.30pm in Connswater Community & Leisure Centre, Connswater Street. We will also have it posted on our website. The purpose of the Community Development Framework is to provide a document which contains principles that organisations can sign up to in terms of the deliver of community development in East Belfast. As part of the underpinning process, of making the framework a success, organisations have agreed to have their names included in the document as being in support of the framework.

E B C D A C O N T A C T D E T A I L S

Michael Briggs: Director - michael@ebcda.org
Kim Briggs: Resource and Finance Manager - kim@ebcda.org
Jonny Currie: Community Support Manager - jonny@ebcda.org

Alan Houston: Health Development Worker - alan@ebcda.org
Chris Deconink: Health Development Worker - chris@ebcda.org
Sharon Traynor: Health Development Worker - sharon@ebcda.org

Trisha McQueen: Suicide Prevention Information Officer - trisha@ebcda.org

Katy Purvis: Volunteer Development Worker- katy@ebcda.org.

Jean Higginson: Payroll/ Finance Administrator - jean@ebcda.org
Joanna Loudoun: Receptionist/ Admin Worker - joanna@ebcda.org
Emma Trueick: Finance/ Admin Worker - emma@ebcda.org (maternity cover)

As always, the views and opinions expressed in this newssheet do not necessarily reflect those of EBCDA Board of Directors and Staff

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 a Company limited by Guarantee, registered in N.I. Registration Number NI 31089
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 Registration Number XR18490.*

Ways to stay connected with us:

1. Log onto www.ebcda.org

Visit EBCDA's website to access:

- EBCDA history, mission and aims
- Board and staff contact details
- Searchable database of community organisations in East Belfast
- Online clash diary to publicise community events and meetings. Contact Joanna at joanna@ebcda.org to submit information.

2. Sign up for our eBulletin

The eBulletin is an email newsletter which is sent out on the first and third Wednesday of each month. Items should be emailed to Joanna on the email address above by 11.00am on the Tuesday before.

Contact Joanna to be added to the email list for eBulletin.

3. "Like" our Facebook page

If you have a facebook account, search for "East Belfast Community Development Agency" to be kept up to date with things there.