

# East Belfast Physical Activity and Community Activities

July - August – September 2014



# Physical Activity

## **Bikeway East Cycling Club**

Planned Friday outings

Meet at the car park of Avoniel Leisure Centre every Friday at 10.00am unless there are special outings planned when this varies.

For more information about the Bikeway East Club contact, Alan Houston, Health Development Coordinator (Outer East) on 028 9045 1512 or email [alan@ebcda.org](mailto:alan@ebcda.org).

11 July: Larne - Coast Road  
18 July: Coleraine - Dunluce Castle  
25 July: Dublin - Phoenix Park  
1 August: Newry Towpath  
8 August: Jordanstown - Carrickfergus  
15 August: Falls Park - M Sheehan Centre  
22 August: Comber - Island Hill  
29 August: Comber - N'ards - Bangor  
5 September: Londonderry  
12 September: Titanic Quarter - Dock Cafe  
19 September: Shaw's Bridge - Malone House  
26 September: Hollywood - Victoria Park

## **'Football Frenzie'**

Friday nights from 8.30 to 11.30pm, for six weeks starting 27 June 2014, at Avoniel Leisure Centre

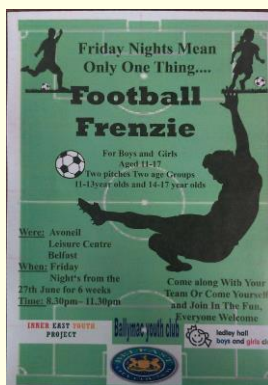
For boys and girls aged 11 to 17 years old two pitches, two age groups.

For more information contact:

Inner East Youth Project:

Phone 028 9073 5688

Email [the\\_base@lineone.net](mailto:the_base@lineone.net)



or

Ledley Hall Boys and Girls Club:

Phone 028 9045 1722

Email

[ledleyhall@hotmail.com](mailto:ledleyhall@hotmail.com)

## **Free Outdoor Bowling**

Open to Men and Women and Young People  
Engage with Age

Venue: Shaftesbury Bowling Club

Free Transport for older people

Free Coaching

Free Light Refreshments

Time/Date: meeting Friday afternoons from 2.00 to 4.00pm throughout July, August and September. For further information please contact Fred Simpson 07593634793

## **Free Men's Outdoor Bowling**

Engage with Age - Hope Project

Thursday afternoons 2.00 to 4.00pm starting from 3 July 2014 at Ormeau Park Bowling Club

Transport and refreshments provided

Please wear flat shoes on the bowling green.

For further information or to arrange transport please contact Stephen on 028 9073 5697 or 07814 663570

# Physical Activity

## BCSDN Summer Sports Skills Hub

Over 150 sessions available over July and August 2014.

### Activities include:

Mountain biking, athletics, tennis, orienteering and multi sports

Maximum numbers:

15 per group plus leader (7-16 years)

Sessions:

10.30am - 12.30pm and 1.30 - 3.30pm

Contact BCSDN on 028 9029 7661 and/or [caitlin@bcstdn.org](mailto:caitlin@bcstdn.org)

## NI Street League

Hosford - East Belfast Mission

Homeless Football League runs every Friday afternoon 1.30 to 4.00 pm at Shaftesbury Recreation Centre for individuals and teams.

For more information please contact Justin at Hosford on 028 9046 3482

## East meets West Walk

Wise Men Inspire Men's Shed

Date: Wednesday 23 July 2014

Bus will leave Carew at 12.30pm to Hazelbank Park

Lunch will be provided

Contact Mervyn 07800 785136 or Alan 028 9045 1512

## Boxercise Classes

WISPA in partnership with Inner East Youth Project

Date: weekly from 22 July to 26 August

Time: 6.00 to 7.00 pm

Venue: East Belfast Network Centre, 55 Templemore Avenue

## Walking Groups operating over the Summer

### *East Belfast Mission*

Start from the Refresh Café in Skainos centre – 9.45 am Saturday mornings.

26 July: Colin Glen, 2 August: Tullymore Forest Park, 23 August: Mount Stewart.

Contact: Hannah Button-Harrison 02890458560 or [Hannah.button-harrison@ebm.org.uk](mailto:Hannah.button-harrison@ebm.org.uk)

### *Gilnahirk Walking Group*

Meet at Gilnahirk Presbyterian Church, Dundonald – Tuesday morning at 10.00 am

Contact: Nan McDonald 02890482702/Grace Murphy 02890796606

### *Summer Strollers Engage with Age*

Meet at different locations - Monday mornings - 7/21 July, 4/18 August, 1/15/29 September

Contact: Laurence Wright 02890735696

# Physical Activity

## East Belfast Sure Start

### SHINE

Support for families in the antenatal period and with postnatal families with children in the 0-9 months age range to promote physical activity, health and wellbeing.

For more information please contact Geraldine O'Regan, Project Co-ordinator on 028 9096 3399

## 60+ Summer Walks

### C-SAW

23 July Lady Dixon Park (Rose Week)  
13 August Stormont Estate

Pick up points for walks will vary starting at 10.00am.

Walks will begin at 11.00am

Cost £1 per walk

Contact Judith for further details and to book your place on 028 9081 1967 or

[csaw@castlereagh.gov.uk](mailto:csaw@castlereagh.gov.uk)

## Free 60+ Golf Programme

### C-SAW

Five weeks of free lessons and 3 week physical activity programme

Learn to play golf and have two months FREE membership

WHERE	WHEN	ACTIVITIES
Belvoir Activity Centre	6th , 7th and 8th August 2014 11.30am-2.30pm	Physical activity programmes designed for people who are over 60. Programmes to fit all abilities.

Call to register on 028 9081 1967 or [csaw@castlereagh.gov.uk](mailto:csaw@castlereagh.gov.uk)

## Summer 60+ Camp at Belvoir Activity Centre

### C-SAW

This is a three day (6,7 & 8 August) event with sessions in the morning (11.30am) and afternoon (1.15pm). Come along and try new activities whatever your ability and meet new people. Cost £1 per day, lunch provided. Call to register on 028 9081 1967 or [csaw@castlereagh.gov.uk](mailto:csaw@castlereagh.gov.uk)

<b>Day 1</b>	<b>Wednesday 6 August</b>
Morning	Boccia/Circuits
Afternoon	Armchair Aerobics/Badminton
<b>Day 2</b>	<b>Thursday 7 August</b>
Morning	Pilates/Boxercise
Afternoon	Target Games/Basketball
<b>Day 3</b>	<b>Friday 8 August</b>
Morning	Yoga/Circuits
Afternoon	New Age Kurling/Fitness Suite

# Physical Activity

## Why Weight Programme and Health Checks

Action Cancer in partnership with EBCDA

In September there will be two days of health checks will be carried out by Action Cancer and there will be physical activity opportunities running at the same time as health checks on those days.

There are spaces for 20 people to be signed up to the Why Weight programme.

**Dates:** Tuesday 2 September and Wednesday 3 September 2014

**Time:** TBC

**Venue:** East Belfast Network centre, 55 Templemore Avenue

For more information contact [Linda@ebcda.org](mailto:Linda@ebcda.org) or call 028 9045 1512

### Hanwood Summer Camps

Multi-Skill games and activities including: rounders, volleyball, football, handball, tennis, athletics and much more

Age: 5 - 12 years old

Time: 10.00 am to 1.00pm

Location: Hanwood Centre, Tullycarnet

Camp 1 - 30 June to 4 July

Camp 2 - 21 to 25 July

Camp 3 - 18 to 22 August

Cost: £20.00 per camp or £5.00 daily

Family prices on request

Phone: 028 90411 970

Email: [hanwoodsports@gmail.com](mailto:hanwoodsports@gmail.com)

Or private message Hanwood centre on Facebook to reserve your place

### Ballybeen Men's Motivational Group Cycling

Saturday cycle outings, cycle maintenance, training, advice and gym.

Meet at the Ballyoran Centre, Ballybeen, 30 Rosneath Gardens. BT16 1UN

Monday to Friday - 9.00am to 5.00pm

Open All Year Round

For further information please contact Andrew Tyrie on 07845599290



# Physical Activity

<p><b>Inspire Men's Shed</b> Wise Men of the East Network</p> <p>Venue: Carew Centre, Tamar Street Time: Every Tuesday from 10.00am to 1.00pm</p> <p>Activities include: fishing, walking, cycling, gardening, social and history. For further information please contact Mervyn 07800 725136 or Alan 028 9045 1512</p>	<p><b>'The Big Pink Pedal'</b> Sustrans and Sport NI</p> <p>When: Saturday 30 August 2014 Where: Comber Greenway from Comber to Titanic Quarter</p> <p>Join others on a led cycle ride from Comber to Titanic Quarter along the Greenway. There will be fun cycle related activities for all the family at Titanic Quarter from 12.00 to 2.00pm.</p> <p>For more information contact Rachael Ludlow-Williams at <a href="mailto:rachael@sustrans.org.uk">rachael@sustrans.org.uk</a></p>
<p><b>EBCDA</b></p> <p><b>Treasure Trails</b></p> <p>A series of 4 free walking trails raising awareness of cultural and historical heritage tailored to a wide variety of groups, adaptable for slow, moderate and fast levels of physical activity.</p> <p>For further information please contact Sharon Traynor on 028 9045 1512 or <a href="mailto:Sharon@ebcda.org">Sharon@ebcda.org</a></p>	
<p><b>Active Belfast</b> <b>City Wide Programmes</b></p> <p>Brain Injury Matters – Movement for all – Fiona McCabe <a href="mailto:fionamcc@braininjurymatters.org.uk">fionamcc@braininjurymatters.org.uk</a> WISPA – Chair based yoga – Audrey Barr <a href="mailto:wispa.co@btconnect.com">wispa.co@btconnect.com</a> Autism Initiatives NI – Learn to cycle – Pauline Graham <a href="mailto:pauline.graham@ai-ni.co.uk">pauline.graham@ai-ni.co.uk</a> Tri Cycle – Get students cycling - Karen Mawhinney <a href="mailto:info@tricycle.org.uk">info@tricycle.org.uk</a> Lagan Valley Orienteers – orienteering - Stephen Gilmore <a href="mailto:stephen.gilmore@btinternet.com">stephen.gilmore@btinternet.com</a> County Antrim Boxing – Midnight boxing sessions - Malachy Scott <a href="mailto:malscott@ntlworld.com">malscott@ntlworld.com</a> The Cedar Foundation – 'On Yer bike' – Shauna Smyth <a href="mailto:s.smyth@cedar-foundation.org">s.smyth@cedar-foundation.org</a> Groundwork NI – Mindful Walking - Peter Watson <a href="mailto:peterwatson@groundworkni.co.uk">peterwatson@groundworkni.co.uk</a> For further information please contact Ben Hanvey on 028 9050 2073 or email <a href="mailto:ben.hanvey@bhdu.org">ben.hanvey@bhdu.org</a></p>	

# Community Programmes and Events

## Men's Health Clinic

Men's health assessment by district nurses.  
Checks include: cholesterol, blood pressure, body composition, diet and exercise advice and male cancer signs and symptoms

Eight appointments available each evening  
Time: 6.00 to 8.00pm  
Dates: 12/26 August and 9/23 September

To book an appointment please contact Jean Higginson on 028 9045 1512 or for further information Alan Houston on 028 9045 1512 or email [alan@ebcda.org](mailto:alan@ebcda.org)

## 'Health 4 Youth' Health and Wellbeing Drop In

### No Appointment Necessary

Advice, Information & Support on a range of youth issues including Height, Weight & Body Fat (BMI), Breast & Testicular Screening Awareness, condoms, contraception, pregnancy testing, emergency contraception, STI testing, sexual health advice, drug & alcohol advice, someone to talk to and counselling service.

Dates: 24 July, 5/21 August and 2/18 September  
Time: 6.30 to 8.30 pm

For further information contact Sharon Traynor on 028 9045 1512 or email [Sharon@ebcda.org](mailto:Sharon@ebcda.org)

## Ballybeen and Beyond 2

Multi-cultural fun day and football tournament fun for all the family

Activities include: climbing wall, drums, dance, foods from around the world and much more

Venue: Ballyoran Community Centre, Ballybeen  
Date: Saturday 5 July 2014  
Time: 11.00am to 4.00pm

For more information please email [communityservices@castlereagh.gov.uk](mailto:communityservices@castlereagh.gov.uk) or the Ballyoran centre on 028 9048 2083

## Super Hero Fun Day

Hosted by Inner East Youth Project

Bouncy castles, slides, face painting, glitter tattooist, disco and lots more.

**Come dressed as your favourite super hero and meet some special guests in the park**

Venue: Orangefield Park

Date: Wednesday 9 July 2014

Time: 1.00 to 5.00pm

## Community Services, Belfast City Council Summer Scheme

Date: 16 July to 8 August 2014

Time: Various

Location: Dee Street, Inverary and Knocknagoney Community Centre

# Community Programmes and Events

## **Turas Summer Festival East Belfast Mission**

**Monday 25 August** – Film night

**Tuesday 26 August** – Games night

**Wednesday 27 August** – Kids day (with puppet show and art and craft)

**Thursday 28 August** – Night of storytelling (for adults only)

**Friday 29 August** – Bingo night

**Saturday 30 August** – An Intensive Irish course (with beginners, lower intermediate and upper intermediate classes)

All the events for this festival are free, except the Intensive Irish course which costs £10.

For more information please contact

[linda.ervine@ebm.org.uk](mailto:linda.ervine@ebm.org.uk)

or 028 9045 8560

## **Homework Club Presents Summer Book Club East Belfast Mission**

The first ever Book Club will be Charlie and the Chocolate Factory themed.. Kids will get a free copy of the book, lunch at each session and lots of art and games that explore the book.

**When:** Mondays & Thursdays from 12.00 to 2.00 pm

**Starting:** Monday 28th July

**Ending:** Thursday 14th August

**Who:** All kids who are P4-P6 in September.

Contact Hannah Wilson on 028 9045 8560 or email [hannah.wilson@ebm.org.uk](mailto:hannah.wilson@ebm.org.uk) for more information

## **Crosslinks Summer Scheme Agents of change East Belfast Mission**

The Crosslinks Summer Scheme involves taster sessions of Art, Drama, Dance, and Singing workshops, international cooking, community relations, a city challenge, and other fun activities.

Here's the where and when:

22 July - 1.00 to 6.00pm - Skainos

23 July - 1.00 to 9.30pm - Chinese Welfare Association

24 July – 1.00 to 6.00 pm - City-wide challenge

25 July - 1.00 to 9.30 pm - Portrush

Contact Andy Hill via email

[andy.hill@ebm.org.uk](mailto:andy.hill@ebm.org.uk) for more information

## **Summer Drop-in East Belfast Mission**

**July 16 - August 27**

**Mondays:** Outdoor trips - fishing, climbing,

**Wednesdays:** Drop-in

**Fridays:** Five aside football

Activities and dates may be subject to change.

For more information contact

Mark [mark.davis@ebm.org.uk](mailto:mark.davis@ebm.org.uk)

or

Andy

[andy.hill@ebm.org.uk](mailto:andy.hill@ebm.org.uk)



# Community Programmes and Events

## **‘Out and About’ programme for adults with sight loss RNIB**

This programme will be using public transport to help build confidence around travelling.

### **Programme as follows:**

Thursday 17 July – Flame Museum – Carrickfergus

Thursday 7 August – Grand Opera House – audio described performance of Dirty Dancing

Thursday 14 August – Aviation Museum – Maze, Lisburn

Wednesday 20 August – Downpatrick Museum

Wednesday 20 August Evening – Sailing at Carrickfergus

Wednesday 27 August – Coleraine

Tuesday Afternoons in August there will be Archery in Lisburn from 2.00 to 4.00pm

For more information or to book a place contact Angel McCullough RNIB on 07840884225

### **Free Walk-In Hearing Aid Clinic Action on Hearing Loss**

#### **The services include:**

- New batteries and new earmould tubing
- Advice in how to use and clean your hearing aids
- Information on hearing loss and all the services that can help you

**Dates:** 10 July, 14 August, 11 September and 9 October

**Time:** 10.00am to 12.00pm

**Venue:** Action on Hearing Loss, Harvester House, 4-8 Adelaide Street

For more information contact Angela Stanbridge on 028 9023 9619 or 028 9024 9462(textphone) or email [angela.stanbridge@hearingloss.org.uk](mailto:angela.stanbridge@hearingloss.org.uk)

### **Open Door Project Summer Drop-in Service East Belfast Community Counselling**

summer drop-in service on Tuesday evenings 4.30-8.30pm and Friday afternoons 12.30-4.30pm

Do you need someone to talk to?  
Has there been a lot going on in your life?

This is a new service available to adults and young people over 11 years old.

**All counselling will be strictly confidential**

**Call:** 028 90460489

**Email:** [Info@eastbelfastcounselling.org](mailto:Info@eastbelfastcounselling.org)

### **Skainos Fest East Belfast Mission**

Fun free day for all the family with the following: petting farm, owls, snakes, BBQ, bouncy castle, face painting, live music and lots more.

**Date:** Saturday 13 September

**Venue:** Skainos Square, 239 Newtownards road

**Time:** 10.00am to 6.00pm

# Community Programmes and Events

<p style="text-align: center;"><b>Family Summer Scheme</b> <b>Mount Merrion Parish Church</b></p> <p style="text-align: center;">21 to 25 July</p> <p>Programme:  <b>21/22/23 July:</b> 10.00am to 12.00pm            Fun and games for families to enjoy together  <b>24 July:</b> 10.00am to 1.00pm            Teddy bear picnic in and around the church grounds  <b>Don't forget to bring a teddy bear and picnic!</b></p> <p>Contact Angela for more details or to book a place on 07443 334690</p>	<p style="text-align: center;"><b>Messy Church Bus Trips</b> <b>Mount Merrion Parish Church</b></p> <p><b>Friday 25 July:</b> 10.00am to 3.30pm            Outing to Streamvale Farm</p> <p><b>Friday 22 August:</b> 10.00am to 3.30pm            Venue to be confirmed</p> <p style="text-align: center;"><b>£2 per seat (babies in prams free)</b></p> <p>Open to all ages/ Booking essential as places go quickly</p> <p>Contact Angela for more details or to book a place on 07443 334690</p>
<p style="text-align: center;"><b>Creative Club and Puppet Workshop</b> <b>Mount Merrion Parish Church</b></p> <p style="text-align: center;">25 to 29 August</p> <p style="text-align: center;">2.00 to 4.00pm daily</p> <p>A week of crafts, puppets, drama and art for primary school aged children and those going into P1.</p> <p style="text-align: center;"><b>£1 per day</b></p> <p>Contact Angela for more details or to book a place on 07443 334690</p>	<p style="text-align: center;"><b>Summer Scheme</b> <b>CFC/Oasis</b></p> <p style="text-align: center;">11 to 15 August</p> <p>The fun week will be held in two locations with two sessions CFC Church halls in the morning 10-12pm and the afternoon session taking place in Templemore Avenue Network Centre.</p> <p>The theme is taken from the new Disney movie Frozen and we have called the fun week 'FREEZIN'</p> <p>Activities offered: Challenges, Worship, Bible teaching, Craft, Games, fun Workshops, Entertainment, Dance and drama, bouncy castles and inflatables, face painting, balloon modelling and mini sports.</p> <p>If any parents would like to register their child please fill in the online registration form at <a href="http://www.kidsfunweek.com">www.kidsfunweek.com</a> or speak to Sharon McClure Tel 90 735692</p>
<p style="text-align: center;"><b>Greenway Women's Centre Family Support Activities in July &amp; August</b></p> <p><b>Parent's Drop In:</b> Tuesday 1, 22, 29 July &amp; Tuesday 19, 26 August, 11.30am-1.30pm  <b>Monthly Lunch Club:</b> Tuesday 29 July &amp; Tuesday 26 August, 12.30-1.30pm  <b>Family Summer Activity Programme:</b> Monday 4 August - Friday 11 August (times vary)            Family Support Services are available each weekday between 10.00am and 1.30pm.            For more information on Greenway Women's Centre's Family Support Services,            Please contact Greenway Women's Centre.  <b>T:</b> 028 9079 9912    <b>E:</b> <a href="mailto:familysupport@greenwaywomenscentre.org">familysupport@greenwaywomenscentre.org</a></p>	

# Community Programmes and Events

## Archway Youth Club BELB

Saturday 5 July **“Food for thought”**

Free tea, coffee and food for residents from the area, 12.30 to 2.30pm, provided and served by the young people.

Monday 7 to Friday 11 July facility open 6.00 to 9.00pm.

Saturday 19 July **“Food for thought”**

Free tea, coffee and food for the residents of the area, 12.30 to 2.30pm, provided and served by the young people

### **Youth Intervention / Summer Programme**

**Monday 21 July to Friday 8 August**

Mondays 6.00 to 9.00pm, Tuesdays 1.00 to 4.00pm and 6.00 to 9.00pm, Wednesdays 10.30am to 4.30pm, Thursdays 1.00 to 4.00pm and 6.00 to 9.00pm, Fridays 1.00 to 4.00pm.

During the Youth Intervention / Summer Programme there will be a range of activities including: day trips, swimming, cinema, farm trips, Planet Fun Bangor, W5 and Dundonald Ice Bowl.

**The programme however is limited to 50 young people.**

There will be a number of other events at weekends (Saturdays / Sundays) however these have still to be decided/arranged

## **Connswater Community Greenway Orangefield Park celebration East Belfast Partnership – Connswater Community Greenway**

**Date** Saturday 23 August 2014

**Time** 1.00-5.00pm

**Location** Orangefield Park

### **Event Details**

A fun afternoon of song, cycling, three wishes project, That Man street theatre, Circus Show for all the family in Orangefield Park

Celebrate the completion of the first section of the Connswater Community Greenway (CCG) and East Belfast Flood Alleviation Scheme, from Clarawood to Grand Parade.

The Knock River has moved and the park has been extended and improved with new bridges, paths, ponds and planting. Please come along and enjoy the Greenway.

For more details about what's on or more information about the CCG visit our web site:

[www.communitygreenway.co.uk](http://www.communitygreenway.co.uk).