



**East Belfast
Community
Development
Agency**

**AUGUST TO
SEPTEMBER
2015**

**PHYSICAL ACTIVITY AND COMMUNITY
ACTIVITIES IN EAST BELFAST**

NB: This booklet was collated from the responses of a 'call for information'. The information was correct at time of production.

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The activities in this booklet can help you achieve some or all of the 'Take 5 for your emotional wellbeing' tips.

Most of us know when we are mentally and physically well, but sometimes we need a little extra support to keep well.



There are five simple actions to help maintain and improve your emotional wellbeing in everyday life. Try to build these into your daily life – think of them as your 'five a day' for emotional wellbeing.



Connect

Connect with the people around you, with family, friends, colleagues and neighbours at home, work, school or in your local community. Think of these as the cornerstones of your life and invest time in developing them. Building these connections will support and enrich you everyday.



Be active

Go for a walk or run, step outside, cycle, play a game, garden or dance. Exercising makes you feel good. Most importantly, discover a physical activity that you enjoy; one that suits your level of mobility and fitness.



Take notice

Be curious, catch sight of the beautiful, remark on the unusual, notice the changing seasons. Savour the moment, whether you are on a bus or taxi, eating lunch or talking to friends, be aware of the world around you and what you are feeling. Reflecting on your experiences will help you appreciate what matters to you.



Keep learning

Don't be afraid to try something new, rediscover an old hobby or interest or sign up for that course. Take on a different responsibility, fix a bike, learn to play an instrument or how to cook your favourite food. Set a challenge you will enjoy achieving. Learning new things will make you more confident, as well as being fun to do.



Give to others

Do something nice for a friend, or a stranger, thank someone, smile, volunteer your time, or consider joining a community group. Look out, as well as in, seeing yourself, and your happiness linked to the wider community can be incredibly rewarding and will create connections with the people around you.

The 5 ways to wellbeing were developed by the New Economics Foundation

www.mindingyourhead.info

August 2015

FASA Greater Shankill Suicide and Self Harm Reference Group

Invite you to training and information sessions on the following short courses:
Current Substance Misuse - Short information course on substances in current use.

Wednesday 19 August 2015 2.00 - 4.00pm

(All of these courses are free of charge, spaces are limited)

Email Roberta@fasaonline.org to confirm your place

Young at Art

<p style="text-align: center;">Making It Up</p> <p>Drop in and meet the team behind Fighting Words Belfast Come and enjoy some story making with Fighting Words Belfast, the creative writing centre or children and young people at Skainos Centre.</p> <p>Drop in to the space anytime between 12.30 and 3.30 to make up a brand new story, listen to tales of high adventure or illustrate a character from your favourite book. - See more at: http://www.youngatart.co.uk/whats-on/making-it#sthash.xfW5xGby.dpuf</p>	<p style="text-align: center;">Tea and Tales</p> <p>Take time out to join children on a journey through their favourite children's stories. With comfy bean bags and lots of books, children and parents can choose to listen to stories read from the best of contemporary children's fiction or simply relax in a quiet comfy area.</p> <p>Each session is led by one of a story telling specialists.</p> <p style="text-align: center;">- See more at: http://www.youngatart.co.uk/whats-on/tea-and-tales-0#sthash.gAalCQLu.dpuf</p>	
<p style="text-align: center;">Skainos Centre</p>	<p style="text-align: center;">Short Strand Community Centre</p>	<p style="text-align: center;">Cregagh Library</p>
<p style="text-align: center;">Tuesday 25 August 12.30 – 3.30 pm</p>	<p style="text-align: center;">Thursday 20 August 11.00am – 1.00pm</p>	<p style="text-align: center;">Saturday 22 August 10.30 am - 12.30pm</p>

'Health Drop In' in Partnership with Boots Pharmacy, EBCDA and Royal National Institute for the Blind

Tuesday 11 August at 10.30am to 12.30pm in East Belfast Network Centre

- Massage Therapies • Cholesterol Testing • Blood Pressure Checks • Sugar Glucose Testing • Skin Scanner for Sun Damage • Lung Capacity Testing
- Diet & Nutrition Information • Allergy Testing • Bowel Cancer Screening Advice
- RNIB • Minor Ailments Advice • Drug & Alcohol Information

For further information contact Sharon Traynor on 028 9045 1512 or email sharon@ebcda.org

Orangefield Park Celebrations

The Connswater Community Greenway invites you to come along to Orangefield Park on 29 August from 1.00 to 3.00pm to join in the celebrations during a fun filled day for all the family.

There will be wildlife, music, street theatre, tree carving, reading, craft workshops, outdoor activities, an outdoor art gallery, bicycle security, football, face painting and much, much more! There will be live music and kids will get creative and leave with a colourful masterpiece.

For more information on other activities taking place at Orangefield Celebrations telephone 9046 7925. Find out more at

www.connswatergreenway.co.uk/OrangefieldParkCelebrations. This event is **free**.

Drop-In Clinics for People with Hearing Aids Action on Hearing Loss

Free drop-in clinics for users to make the most of their hearing aids and manage hearing loss effectively.

Clinics are held the first Thursday of each month, 10.00am to 12.00pm.

Telephone on: 028 9023 9619, text phone: 028 9024 9462 or email:

information.nireland@hearingloss.org.uk

Stepping Stone Community Family Support Programme

Could you benefit from additional support?

The Community Family Support Programme CFSP can offer: One-to-one support for families and help looking for work; Personal & Social development training programmes; Activities for families to spend time together or with others; Improve Learning opportunities & gain new skills. The Community Family Support

Programme works with families: who live within the East Belfast area; Have at least one family member aged 16 – 24yrs who is NEET (Not in Education, Employment or Training). This could be the child or, the parent themselves.

For more Info Contact CFSP on 02890 458560 or email -

marissa.mcmahon@ebm.org.uk; peter.mccann@ebm.org.uk

Youth Action NI GET SET for Work with Young Men

A personal development youth employability programme for young unemployed men in East Belfast (16 – 24yrs).

Not sure of where you're going or how to get there?! Choice of qualifications, build your skills through practical and team activities, 'test drive' jobs in the business sector. This is a **free** course with all programme related costs provided, including help with travel costs, lunch costs and childcare costs (if applicable). GET SET for Work is part financed by European Social Fund, and Department for Employment and Learning.

If interested please contact Sean Madden or Jonny Ashe at Youth Action NI 028 9024 0551 or sean@youthaction.org.

Guided Walk – Victoria Park Belfast City Council

A tale of fifty years. Sunday 30 August

Meet at Victoria Park car park next to the bowling green at 2.30pm.

A walk for the whole family, investigating the history and wildlife of Victoria Park.

Please wear suitable footwear and weatherproof clothing. Formal paths, suitable for wheelchairs.

For more information, call Belfast City Council on 028 9027 0467.

Park Run

Every Saturday Belfast City Council host five **FREE** timed 5k park runs in Belfast.

Each run starts at 9.30am and participants are free to walk, run or jog as they

please. Run locations are within Belfast City Council's Victoria Park, The

Waterworks, Falls Park, Ormeau Park and at Queen's playing fields.

Everyone is welcome, whether you are an established runner, a parent with a buggy, a wannabe runner or you just want to improve your health and fitness and meet like-minded people.

To run simply register at www.parkrun.org.uk/register then print out the barcode you are issued and bring it along each time you run to get your time result. *(If you forget it, you won't get a time!)*

September 2015

Stress Control - A 6-week stress management programme

Belfast Health and Social Care Trust are offering a choice of **FREE** Stress Control programmes.

CHOICE 1	CHOICE 2	CHOICE 3
Skainos Centre 239 Newtownards Rd, Belfast BT4 1AF	Linen Hall Library, 17 Donegal Sq. North, Belfast BT1 5GB	Falls Road Library 49 Falls Road, Belfast BT12 4PD
Monday Evenings 6.30-8pm	Tuesday 12.30-1.30pm	Thursday Evenings 6.30-8pm
14 th September - 19 th October 2015	15 th September – 20 th October 2015	17 th September – 22 nd October 2015

To find out more and register your interest in the course please contact Audrey at the CBT Service, Woodstock Lodge on (028) 95 042689.

There is no need to book a place. Just turn up on the night.

Ballybeen Women's Centre

Ballybeen Women's Centre provides a wide range of courses and classes. If you are interested in any of the courses or classes please contact Amanda Marshall on 028 9048 1632 for more information.

Classes and courses include: Essential Skills, Baby Massage and Gel Nails.

For a full list of the courses and classes including the starting dates, please visit:
<http://www.ballybeenwomenscentre.org/content/education-and-training-programme-starting-september-2015>

Guided Walk – Orangefield Park Belfast City Council

A tale of two parks. Sunday 27 September

Meet at Orangefield Park car park next to the Bowling Green (entrance at end of Houston Park) at 2.30pm.

A walk for the whole family around Orangefield and Greenville Parks, now part of the Connswater Community Greenway, investigating the varied history and wildlife of these two urban parks. Please wear suitable footwear and weatherproof clothing. Formal and informal paths with some inclines.

For more information, call Belfast City Council on 028 9027 0467.

Northern Ireland Chest Heart & Stroke

The Taking Control Self-Management Programme consists of six weekly sessions to help you develop skills and confidence needed to better manage your condition and help you feel stronger and better equipped to deal with daily life.

The next programme starts on Tuesday 15 September 2015.

To book your FREE place or for further information contact; Pauline Millar on 0784 115 0949 or pmillar@nichs.org.uk.

Walk Leader Training

Walk Leaders are needed in east Belfast to boost activity levels. Now is your chance to enjoy a day with like-minded individuals. For further information contact Margaret Devlin-Hania telephone 028 9056 4944 margaret.devlin-hania@belfasttrust.hscni.net or Alan Houston at EBCDA telephone 028 9045 1512 alan@ebcda.org

Corner Boys Singing Group

Come on men discover your inner voice. Join a citywide group of men over 50 years of age at twice weekly singing practice lessons - possibly leading to fun events during positive ageing week in October.

To find out more information contact Dermot tel. 028 9080 9202 e dermot@wbpb.org or Alan Houston EBCDA at 028 9045 1512 or alan@ebcda.org

Inverary Community Centre

Day	Programme	Time
Monday	Parent/Toddler Group	10.00 to 11.30am
Monday	After School Club (5-7 years)	2.30 to 4.00pm
Tuesday	Junior Youth Club	6.30 to 8.00pm
Tuesday (fortnightly)	Senior Citizens Group	2.00 to 4.00pm
Wednesday	After School Club (8-11 years)	3.15 to 4.45pm

For more information contact Lorraine Patrick via email PatrickL@belfastcity.gov.uk or telephone 028 9047 1456

Ongoing

Community Walking Groups

<p style="text-align: center;"><i>Gilnahirk Walking Group</i></p> <p>Where Gilnahirk Presbyterian Church</p> <p>When 10.00 am Tuesdays</p> <p>Contact Nan McDonald 028 9048 2702 or Grace Murphy 028 9079 6606</p>	<p style="text-align: center;"><i>Engage with Age</i></p> <p>Where Elmgrove Manor</p> <p>When 10.00 am Specific Mondays</p> <p>Contact Laurence Wright 028 9073 5696</p>
<p style="text-align: center;"><i>Strandtown Striders</i></p> <p>Where Strandtown Baptist Church</p> <p>When 9.50 am Third Wednesday</p> <p>Contact John Campbell 028 9080 8380</p>	<p style="text-align: center;"><i>Carryduff Retirement Association</i></p> <p>Where St Joseph's Church Car Park</p> <p>When 10.15 am Thursdays</p> <p>Contact Betty Sloan 028 9081 2171</p>

East Belfast Volunteer Opportunities

If you are interested in finding out information on local volunteer vacancies contact Katy Gaston, Volunteer Development Coordinator, on 028 9045 1512 or email katy@ebcda.org

Walking Routes and Outdoor Gyms Belfast City Council

Walking is one of the easiest and cheapest ways of enjoying the outdoors and keeping fit. Belfast City Council has a number of different walking routes in their parks to help you get active.

- Bloomfield Walkway
- Orangefield Park
- Cregagh Glen
- Lisnabreeny
- Stormont
- Victoria Park

Maps of the walking routes can be downloaded from

<http://www.belfastcity.gov.uk/leisure/outdoorleisurefacilities/walking.aspx>

You can also try the Outdoor Gyms at Orangefield Park, Tullycarnet Park, Stormont Estate and Victoria Park.

Gym equipment can include chest presses, leg presses, air-walkers, and cross skiers.

Bikeway East Cycling Club

Meet at the car park of Avoniel Leisure Centre on the third Friday of every month at 10.00am unless there are special outings planned.

For more information about the Bikeway East Club contact, Alan Houston, Health Development Coordinator on 028 9045 1512 or email alan@ebcda.org.

Active Life Programme

Can you be an advocate for a new 12 week physical activity and nutrition programme? If you can, we would like to hear from you to give you more information. We need a register of interest as places are limited.

Participants can make choices about which activities are included and how the sessions are organised.

Please contact Sharon or Alan at EBCDA on 028 9045 1512 or sharon@ebcda.org / alan@ebcda.org

East Belfast Men's Shed

Every Monday starting at 10.00 am at Dee Street Community Centre

Activities include: cooking and baking, singing, health signposting, walking, cycling, first aid, social and history

For further information please contact

Mervyn Cleland (Chair) 07800 725136 or Alan Houston, Health Development Coordinator, EBCDA on 028 9045 1512 or via alan@ebcda.org

East Belfast Treasure Trails

East Belfast Treasure Trails which are 4 walks developed in partnership with EBCDA, Inner East Youth Project and Brilliant Trails and funded by Active Belfast and will be available free of charge in booklet format to all groups in East Belfast or can also be downloaded in PDF Format for a fee on the Brilliant Trails website.

These trails/walks are for use in a fun and imaginative way following local landmarks, murals and areas of interest that can be found in Inner East Belfast by following the maps and solving the clues in the booklet.

Each walk is between 1.2 and 1.5 miles long and can be used individually or joined together to make for a longer walk depending on ability

For further information or to access the Treasure Trails booklets contact: Sharon Traynor, Health Development Co-ordinator on 028 90451512 or email sharon@ebcda.org



Health Wise Exercise Referral Programme

The aim of 'Healthwise' is to introduce individuals with sedentary lifestyle, referred by an approved Health-care Professional (e.g. G.P. Registered Nurse, Therapist etc.), to regular physical activity in a warm, friendly, comfort-able and safe environment. East Belfast Network Centre hosts on a Monday morning from 10.00am to 12.00pm.

Also, sessions are available at Avoniel Leisure centre in East Belfast.

For information at the Network Centre contact: Sinead 028 9031 2377 or at Avoniel Leisure Centre contact: Alan Smyth, Active Communities Exercise Referral Coach Tel. 07788421987 or alan.smyth@gll.org

East Belfast Coaching Programme

EBCDA's "East Belfast Coaching Programme" is now open to anyone working in a paid or voluntary capacity in the community sector in East Belfast.

Anyone interested in coaching can access 4-6 sessions with a coach of their choice. If you or anyone within your organisation might be interested in this programme, please contact Jonny Currie, Community Development Director, on 9045 1512 or email jonny@ebcda.org.

The Health Hub East Belfast Community Development Agency

What will it offer?

- Find out about services, health programmes and training in your local neighbourhood;
- Information leaflets on healthy hearts, minds, bodies, relationships and neighbourhoods
- Opportunity to weigh yourself and measure your waist.

Located in East Belfast Network Centre

For more information and to organise a visit to the Health Hub please Alison Bryans, on 028 9045 1512 or email alison@ebcda.org

New Classes at Greenway Women's Centre

Over the summer months Greenway Women's Centre will be finalising their new Service Programme which will contain information on all classes starting at Greenway this September.

Enrolment will take place in August (dates to be confirmed).

Please note: Enrolment for all classes must be made in person

If you would like to be added to the mailing list to receive information on new classes, please forward details of your name, address, telephone number and email address to Greenway's Training & Admin Officer, Helen Smyth. Telephone: 028 9079 9912 or via email: training@greenwaywomenscentre.org

South & East Belfast Fibromyalgia Group

The South & East Belfast Fibromyalgia Group meets at Greenway Women's Centre on the second Monday of each month, from 11.30am to 1.30pm.

Various speakers attend these support meetings and those affected by fibromyalgia can learn more about their condition and make new friends, while enjoying a cup of tea and a chat.

For further information about South & East Belfast Fibromyalgia Group, please contact Greenway Women's Centre via telephone: 028 9079 9912 or email: manager@greenwaywomenscentre.org

Top Tips for Looking After Yourself

A three hour evidence based programme to promote emotional wellbeing. This is an opportunity to become more self-aware and increase your understanding of support and strategies to help.

Top Tips programme is available on request.

For further information contact EBCDA Health Development and Connections Team on 028 90451512.

East Belfast Health Framework - Health Directory

East Belfast Health Framework



If you would like to your organisation to be included or details updated in this document please email Alison@ebcda.org

The latest version of the East Belfast Health Framework - Health Directory can be found here: <http://ebcda.org/report/east-belfast-health-framework-health-directory>

The Health Directory is a list of organisations involved in health in East Belfast.

The list was compiled at the East Belfast Health Framework launch (30 January 2014) and after several calls for information.

It is regularly kept up-to-date

If you would like to your organisation to be included or details updated in the Health Directory please email Alison@ebcda.org

If you would like your organisation/group's event, programme or training featured in the next edition please send the details to Alison@ebcda.org by 18 September 2015



For more information please contact:
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