



Ashton Community Trust

Ashton Community Trust Directory of Services



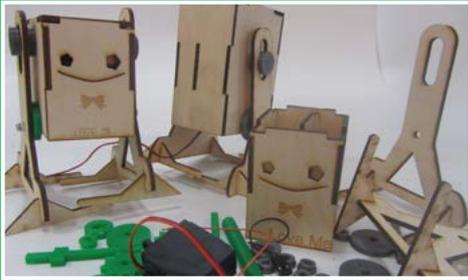
Community Impact



Training & Employment



Culture & Arts



Design & Fabrication



Health & Wellbeing



Childcare



Youth Development



Social Enterprise



Family Support

'To promote positive change and improve the quality of life of the North Belfast community.'



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Ashton Community Trust Chief Executive Paul Roberts:

Foreword

This booklet has been designed with local people in mind. As Ashton Community Trust grows and our services expand, we want to make sure that local communities have a good understanding of what we do and more importantly how to access the services we deliver.

Across Ashton and its departments (Bridge of Hope, Employment & Training Services, Kinderkids, FabLab Belfast, New Lodge Youth Centre, Community Development, Culture & Arts and Social Enterprise) we have a suite of services that can educate, support and empower individuals and families to improve their lives and achieve their goals. More details about these services are outlined in this booklet.

Our mission to improve the life of the North Belfast community remains the same. Led by the community, we started with that goal in 1991 and now more than 25 years later that mission is unchanged.

As an award winning social enterprise, it's no surprise that growing the local economy is a top priority for us. The local social economy sector has a long and rich tradition of providing quality services to disadvantaged communities and with your

help, we are in a unique position to grow that further. That's why lots of our staff come from the local area, have been trained through

Ashton and our offices and centres occupy land that was once derelict. We now have eight locations in North Belfast that are now thriving social hubs that work to make a difference to everyday lives.

Good governance is also really important to us. It drives the quality of our services and ensures others know that we work to agreed levels of best practice. Our latest achievement gained in early 2016, the EFQM Ireland Excellence Award, is recognition of how we meet those high standards.

I hope that this booklet is a useful resource to those seeking to learn more about what Ashton Community Trust does and how to access our programmes. I wish you every success in your future endeavours.

Paul Roberts

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Community Impact

Community Impact

Community development involves empowering communities and this is very important to Ashton. It relates to everyday issues such as: community safety, children and young people, leisure, education, political ex-prisoners, health & well-being, housing, human rights, physical renewal, employment, regeneration and the environment around us. Helping residents to take part in decision-making processes underpins all of these issues. This might include things like the development of a local park, a housing scheme, community safety issues or the delivery of a particular service. Another important part of this work is to lobby and campaign for more social and economic improvements and resources for the local community.

Community Empowerment Partnership

The GNLCEP was first established in 2001 with Ashton Community Trust as lead partner. The main purpose is to provide community organisations in the Greater New Lodge area the opportunity to cooperate and work together. All groups within the GNLCEP retain their own organisational independence and their participation is voluntary. By meeting regularly and working together this helps build greater trust and solidarity between the different groups and residents. The GNLCEP structure has helped improve communications between local groups and encouraged them to share resources and information. Over the years, GNLCEP groups have had extensive engagement with local residents about various issues affecting the area. The GNLCEP works to stay relevant to local needs and meets on a regular basis to discuss, prioritise, agree and implement actions. Minutes of these meetings are recorded and distributed throughout the GNLCEP network.

Community Information/Communications Systems

Ashton works hard to make sure residents and community groups know what is happening and what services are available. These updates are carried out via email, phone network and social media. We also produce a quarterly community magazine



which contains information about services, events, activities, policy issues and other items of social interest. The magazine is hand delivered to all homes and community outlets in the locality. It is free of charge to residents and is also distributed via email and social media.

Ashton Community Bursaries Scheme

Each year the Community Bursaries Scheme allows Ashton Community Trust to use some of its financial resources to provide assistance to other community led projects. The bursary scheme represents a positive recognition of the great efforts of the many community volunteers that selflessly give up their time on behalf of local people. To date over 80 bursaries have been granted to local groups involved in activities such as sport, art, music, health, housing, culture,





history, remembrance, safety and well being. In financial terms the bursary awards have amounted to £36,000. Ashton Community Trust understands how difficult it is to try and sustain this work particularly without access to regular funding and is delighted to provide this bursary scheme.

Greater New Lodge Community Festival

For many years the New Lodge community has proudly promoted and celebrated its history, culture and identity in the form of a community festival. The Greater New Lodge Community Festival not only brings local people together to enjoy themselves, but it provides an opportunity to promote positive community life. It also supports local people to engage with other communities, cultures, traditions and nationalities. The festival contributes to community confidence, morale and pride. It represents an alternative to negative attitudes and behaviours such as rioting, anti-social behaviour and bonfires.

Community Safety

Creating a secure community where people can live without fear of crime, violence, intimidation and disorder is much easier said than done. Ashton Community Trust believes an effective way to make progress involves a partnership approach between community and statutory service providers responsible for maintaining public safety. ACT is a member of the Greater New Lodge Safer Streets Committee. The Safer Streets Committee meets regularly and is made up of residents, community workers and activists who operate on a voluntary basis. The Committee is open to all residents and welcomes volunteers. This work includes public and private meetings with local residents and statutory agencies around a wide range of community safety concerns. Many of these engagements have led to resolutions to identified problems.

North Queen Street Park Working Committee

Ashton's Community Development Co-ordinator is chair of the North Queen Street Park Working Committee. The goal of this committee is to maintain the park to the satisfaction



of local people. The committee, working in cooperation with residents, Greater New Lodge CEP and Belfast City Council (BCC) has managed to radically improve and develop the park so that currently it has become a properly functioning park and an important community asset particularly for children and young people of the area. The committee continues to meet whenever necessary to explore issues of maintenance and further improvement and to liaise with BCC and other relevant agencies.

Urban Regeneration and Design

Currently there is a huge level of urban development occurring on the doorstep of Inner North Belfast. This includes the





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University of Ulster, York Street Motorway Interchange, Streets Ahead Scheme, Clifton Gateway, City Quays, North Foreshore and Girdwood. Other developments are being planned. These investments represent over £1Billion, presenting massive opportunities and challenges for local neighbourhoods.



Historically speaking, flawed planning and design exacerbated by decades of conflict and political instability created a pattern of poor urban environments where communities became physically cut-off and segregated from the city centre and other areas of significant commercial and social activity.

Ashton Community Trust views this as a crucial challenge and is working and lobbying hard to ensure that local neighbourhoods are more effectively included and connected. To this end it is involved in various forums that are relevant to these issues in order to advocate for a more organic, bottom up approach to urban development that reflects the real needs of local communities.

The community development services that Ashton provides helps to ensure that local people have better information, knowledge and guidance in relation to local issues and concerns. By sharing ideas, information, skills and resources local groups benefit from a more holistic understanding of

community needs, development practices and processes. It also builds their capacity to more effectively target and deliver projects and services therefore improving their overall performance. Another benefit is increased awareness about funding opportunities, a reduction in the level of competition between groups for resources and less duplication of services.

Testimonials

Bursary Awards - "We would like to take this opportunity to thank the Ashton Bursary Award Panel for the award made to our club it will help us continue our work within the Newington, Limestone Road area, in the coming year". (Letter from Local Boxing Club)

Festival - "It is great to see the festival happening every year in our community. There are loads of things in it and it creates a feel good atmosphere in the area. I really love bringing the kids to the carnival parade and to the fun days and street party. Fair play to everyone involved". (Young Mum)

Community Magazine - "I always look forward to the community magazine coming through the letter box. There is always loads of information in it and it gives people like me a good idea about all the different things that are going on in the community. I know lots of my friends feel the same way" (Long Term Resident and Grandmother)



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Social Media

[facebook.com/ashtoncommunitytrust/](https://www.facebook.com/ashtoncommunitytrust/)
twitter.com/ashtoncommtrust





Training and Employment

Ashton Community Trust's Training and Employment Services is a one stop shop for job and training needs. Getting people job ready is what we do. Our long term goal is to work towards the sustained economic, social and physical regeneration of the area through a long term people-centred development strategy. We work with all residents of North Belfast who are seeking work and particularly the long-term unemployed and economically inactive. Our programmes are designed to improve personal and professional skills and knowledge. We also provide help and support to people who need help with CVs, filling in forms or applying for jobs. Our work in

that some clients are not ready for immediate work or have ambitions to work in a sector that requires higher level skills and qualifications. For this reason we offer signposting and support for clients to assist them access further education and training. As well as our main Ashton offices we operate over 25 outreach centres across North Belfast and Newtownabbey.



supporting people to be job-ready is centred on three main themes: (1) Training, (2) Employment Liaison & Progression and (3) Mentoring (more about this below). We also have access to a wide range of support services provided by other organisations in the community and by other departments in Ashton. Being connected means we can signpost a client to a dedicated service for help around childcare, counselling, or benefits. We believe in being accessible to all parts of the community and all people no matter what their background. We recognise

Mentoring: Mentors meet clients one-to-one, sign clients up to the most appropriate programme and start by assessing the client's needs and interests. The client and mentor will develop an action plan that details all steps that a person should take or the mentor can take on the person's behalf to help them back into work. A mentor will help you develop a CV and help you identify next training steps.

Training: We deliver a range of training courses that are all linked to employability. Our main training courses commonly delivered include: ICT, Health and Social Care, Childcare, Construction, Retail, Warehousing, Hospitality and Essential Skills (English and Maths). All courses can lead to a qualification and many are directly linked to employers i.e. at the end of the course there is a chance to be interviewed for a real job.





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Employment Liaison/Progression: Our Employment Liaison Service works closely with employers to source exclusive access to jobs. We already work with many major employers such as Henderson group (Spar), Belfast City Council, Belfast Health

opportunity to undertake a range of training in areas such as ICT, childcare, language for work and GOALS (a personal development programme). Pre-employment courses such as call centre training will also be available to LEMIS+ Project



and Social Care Trust, First Source, Convergys and the Culloden and Merchant Hotels. We circulate CVs of clients interested in that area of work, give clients full information on the job and prepare suitable clients for interview.

Clients where a clear employability outcome will be achieved as a result of this training. There are lots of benefits to this Project. For example if an employer in the health and social care sector is working with the LEMIS+ Project and they have a number of vacancies that are dependent on applicants having a health and social care qualification, then we can offer clients interested in these jobs relevant training so they meet minimum requirements for interview. The LEMIS+ Project also has its own dedicated Employer Liaison Service (ELS) which works with employers' right across Belfast to secure job opportunities for people connected to the Project. The ELS matches employers seeking people with people seeking work.

The LEMIS+ Project: Lemis+ Project is an employability programme for people who are unemployed and not in training and education and who live in the city of Belfast. The Project is a partnership of employment service providers, led by Ashton Community Trust, working collectively to deliver employability opportunities right across the city of Belfast. The Project seeks to target those most removed from the labour market and get them back into employment. In Belfast, there is a team of almost 40 Mentors providing one to one support to individuals either in-house or in over 70 outreach centres. These highly skilled LEMIS+ Project Mentors offer careers, education and training advice/guidance and give people support they need to progress into employment. LEMIS+ Project Clients have the

The Core Project: The Core Project is an employability programme specifically designed for young people aged 16-24, who are not in employment, education or training and live in North Belfast. Young people participating in the programme receive a range of support that will help them overcome personal barriers and move into work or further education and





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training. Young people are supported by a team of six mentors who work on a one to one basis with each young person ensuring that the programme is needs led and tailored around their hopes. Every young person joining the programme can expect to have an action plan written especially for them that will guide them onto a positive future. In addition to the mentor team the programme has a range of other supports for the young people including training, employer liaison and a service to help young people transfer into further education. The project also has access to a wide range of support services in the community such as childcare, counselling, benefits advice.

CALL/ICT Project: The CALL/ICT project aims to improve the Essential Skills of residents of Lower North Belfast. Essential skills are ICT/Computers, English and Maths. The learning takes place in small classes or groups and is informal with the emphasis on building skills and knowledge of the learner so



that they can improve their chances of gaining employment. The Essential Skills courses on offer include English and Maths skills of participants by using subjects and resources relevant to the lives of the learners. Learning takes place in small groups

or even on a one to one basis and is designed to be informal and accessible.

CO-MENT Project: The Co-Ment project is a wrap-around service for young people looking for work or access to training and further education. Young people joining the programme will meet with an individual mentor who will create a unique action plan, signpost them onto training and help them leave the programme by gaining employment or further education. The programme specialises in working with young people who are uncertain what to do next and want to explore possibilities including training, education and employment. The mentor will help create CVs, explore options, look for suitable jobs or access further education and training. To qualify for the programme you must be aged between 16 and 24, live in North Belfast and not be in employment, education or training.

Testimonials

Lemis+ client Ciara said: *"A year ago I was made redundant and was worrying about supporting my two young children. I joined the Lemis+ project and began working with one of the Mentors. He spotted a job which he thought I would be ideal for. The application form was daunting and without the mentor's help I am not sure I would have submitted it. I got an interview and Joe helped me by doing a mock interview and going over all the areas I should mention. I got the job and now can look forward to a great Christmas with my kids."*

Core Project client said: *"The project really helped me a lot. I had problems in the past with drugs and left school with no qualifications and couldn't really hold down a job. The mentor really helped my confidence by showing me that I had skills I didn't know I had and then sending me on training courses. After finishing the programme I decided to go back to college and I hope that I can get qualifications that will help me get a job."*





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Community Family Support programme young mum said: *“At the start of the programme I really believed that I couldn’t work because I was looking after my son but now I know that I can balance my childcare and a job. I have been getting support from the mentors to help search for a job and have CV all ready to go.”*

If you want to know more about the work of the Training and Employment Unit contact: Diarmuid Moore, Ashton Centre, 5 Churchill Street, Belfast BT15 2BP. Telephone: 028 90742255 or email: diarmuid.moore@ashtoncentre.com

Social Media

Facebook: www.facebook.com/AshtonEmploymentServices

Contact Lemis+: Ashton Centre, 5 Churchill Street Belfast BT15 2BP. Phone 028 90 742255 or email Arlene Moody arlene@ashtoncentre.com

Contact Core Project: 20 Cliftonville Road, BT14 6JX. Phone 028 95 609522 or email John McCrea john.mccrea@ashtoncentre.com

Contact CALL/ICT Project: McSweeney Centre, Henry Place BT15 2AY. Phone 028 90 322289 or email Hilary Adair hilary.adair@ashtoncentre.com

Contact CO-MENT Project: Ashton Centre, 5 Churchill Street Belfast BT15 2BP. Phone 028 90 742255 or email Tracy McWhinney tracy.mcwhinney@ashtoncentre.com

Contact Family Support Programme: 20 Cliftonville Road, BT14 6JX. Phone 028 95 609522 or email Jeanette Burns jeanette.burns@ashtoncentre.com





Culture & Arts

New Lodge Arts

New Lodge Arts is a thriving arts organisation providing innovative, fun and educational activities that stretch right across the community and political divide in north Belfast. Set up in 2003 by Ashton Community Trust, New Lodge Arts has embedded itself at the heart of North Belfast, providing over 800 workshops per year with 2,000 young people participating. With a strong community focus and a passion for supporting the needs of young people within the area, New Lodge Arts provide creative opportunities and challenges that unlock young people's potential inspiring them to grow and succeed. New Lodge Arts continue to strengthen and develop their annual arts programme in order to tackle the very real issues that affect local young people.

Each year, New Lodge Arts manage a range of projects aimed at meeting the needs of the community and providing opportunities for young people to grow and develop. These projects include:

- **New Lodge Arts Academy:** The Arts Academy continues to be the core programme delivered by New Lodge Arts. The aim of The Academy is to improve participation and increase access to the arts for children and young people from across the Greater New Lodge and neighbouring communities. The Academy provides a consistent quality programme of arts activities for children and young people aged 3 to 18 years. Activities will take place on a weekly

basis throughout the school year in dance, drama, visual arts, digital arts and event management. New Lodge Arts Academy follows the academic year and is delivered at centres within the Greater New Lodge and across Inner North Belfast. An End of Year Production incorporating all elements and participants of Arts Academy is produced in June each year.

- **Arts Academy - Taster Sessions / Projects:** Taster Projects act as an entry point for children and young people who may not previously have been engaged in arts-based activities. Performance and exhibition opportunities will be sourced for participants of the programme both locally and across the city providing further confidence building opportunities. Taster Projects take place in various youth and community groups across north Belfast.
- **North Belfast Community Pride Programme:** The Community Pride Programme is now renowned across the area and includes Spring Festival, Summer Academy, two-day Lantern Festival and the Winter Fest programme delivered throughout December. The Spring Festival



focuses on building good relations among communities, providing an opportunity for celebration. The foundation of the project is the outreach programme with schools and community groups across Belfast and this includes: Dance, Drama, Visual Arts and Music workshops. The main event involves street theatre, live music, dance, circus performers and arts & crafts. The Summer Academy involves two weeklong programme of activities in early August – a





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Junior Academy and a Senior Academy. The programme culminates in a performance in the Duncairn Centre for Arts. The project contributes to the New Lodge Summer Festival, a programme of events organised by several local community groups. The North Belfast Lantern Festival is a highlight of the calendar for everyone. It involves lots of outreach activities and a major event in a local park. Around 20 youth/community groups from across North

successful completion of the project.

Volunteer Development: Volunteers have the opportunity to support all aspects of New Lodge Arts' work from Arts Academy workshops to events and office administration. Training



includes Child Protection, First Aid, Health and Safety and Arts and Crafts.

OCN Level 2 - Event Management: Participants learn skills involved in managing events including the North Belfast Lantern Festival, Christmas Panto and Arts Academy showcase.

Inner North Youth Platform: The Inner North Youth Platform is a project led by Loughview Community Action Partnership, it provides a platform for young people from across Inner North Belfast to work together and learn more about each other in a safe and supported environment. The group is made up of 15 young people from different communities across inner north Belfast.

Summer Fun Day: The Event Management group manage a Summer Family Fun Day in the Waterworks Park. The project includes a Treasure Hunt, Arts and Crafts, Refreshments and Performers.

Artist in Residence Programme: Charlotte Bosanquet is currently Artist in Residence with New Lodge Arts. During 2016, Charlotte will be based at the Culture Shop, Ashton Centre and will facilitate workshops or drop-in sessions for local



Belfast are involved in the workshops. The aim is to develop more meaningful engagement on a cross community basis. North Belfast Winter Fest is targeted at children, young people and their families from across Inner North Belfast. The aim is to encourage community celebration at Christmas time providing opportunities for communities to come together. The New Lodge Arts Christmas Pantomime continues to be the highlight of the programme.

- **Youth Development:** New Lodge Arts provides support to young people through leadership development opportunities as a progression route from participation. A Youth Advisory Group of young people aged 14+ years will support and advise on the direction and work of New Lodge Arts. The Youth Advisory Group will move through a programme of activity including personal development, leadership training and training in roles and responsibilities of management committees.

OCN Level 2 - Leadership in Youth Work: New Lodge Arts delivers this OCN to young people interested in pursuing a career in youth work and provide placements within the youth services in the area. Participants will gain an OCN Level 2 upon





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participants.

Drawing Classes for Adults: New Lodge Arts deliver Drawing Classes for adults on Tuesday's and Friday's from 11am-2pm in the Culture Shop, Ashton Centre. The class is led by artist Duncan Ross and provides a space for adults to develop their creativity.

International Projects: New Lodge Arts seek opportunities for young people to visit other countries and learn about other cultures. Projects have included an Improvised Theatre project in Holland, a WWI project in Belgium, a WWII project in Poland and a cultural awareness project in Sweden.

Additional partnership projects: New Lodge Arts regularly partners with local, national and international arts organisations on a variety of projects. These organisations include Arts Ekta, Feile an Phobail, DU Dance, Green Shoot Productions, Oh Yeah and Primecut Productions.

Testimonials

Chloe McLaughlin, 15, Youth Advisory Board Member

I started taking part in projects with New Lodge Arts in 2013, when I was 13. I was introduced to New Lodge Arts through a joined project with Ardoyne Youth Providers. Following on from that we



performed in the Baby Grand (Opera House Belfast) which helped build my confidence and self-esteem. I then got involved in a History Project with New Lodge Arts, which was a great opportunity and experience. The project was called 'National Memory, Local Stories'. This involved learning about World War I, visiting local museums, tours of local areas and creating our photo exhibition



which was displayed in the Ulster Museum. With this project I went on many trips, such as; London in March 2014, Belgium 2014 and Poland February 2015. I have been working with New Lodge Arts Event Management team. Within this group we plan and deliver events for young people in communities all over North Belfast. I was recently selected to be part of New Lodge Arts Youth Advisory Group (YAG), which provides the opportunity to be involved in decision making processes. After being involved in YAG, I had the opportunity to apply for the Inner North Youth Platform, which is like the YAG only on a bigger scale and across the whole of North Belfast, with people from different communities. At the minute in this group we are working towards planning a youth conference for young people, led by young people. I hope to do lots more with New Lodge Arts in the future.

Terence Patrick Ward, 16, Youth Advisory Board Member

Since I was 5 years old, I have taken part in lots of New Lodge Arts projects and events and it has really influenced my life in a positive way. I can't remember a time when New Lodge Arts wasn't a part of my life. I began taking part in arts and crafts workshops at a young age but over the years I have developed a passion for performing and more recently event management. I have performed in the Grand Opera House, Ulster Hall, visited London to see our work on display in the National Portrait Gallery for our World War I project, travelled to Dublin to find out more about history and volunteered at several larger events including the Lantern Parade, summer and Easter events. A highlight for me was the Merge project – a fantastic dance project led by professional street dancers. We performed in the Waterworks Park as part of the Lantern Parade & Magical Festival and then again in the Ulster Hall – it was an





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amazing production and I was very proud to be part of it. I recently joined the Event Management group and enjoy helping to manage and organise projects. I am looking forward to the future and I am learning new skills that will support my career ambitions. I now see the benefit of youth work and would like to become a trained youth worker in the future.



Young Person's Story - George Savage, 15yrs

I first began my journey with New Lodge Arts when I was 11 years old. I heard about New Lodge Arts through a friend and I was interested in dance and drama. I remembered being very embarrassed and shy my first time going to a drama class, I didn't know anyone there and felt like a loner. We worked towards a show that was going to be performed on stage, I had never done anything like that before and I was very nervous. After the show I had made lots of new friends and started volunteering for New Lodge Arts also. My first event I volunteered for was the street party. I felt like I was somebody with my high-visibility vest! Volunteering for that event then led me into the Event Management team.

I have been a member of the event management team for 2 years. I think I have really matured within this group and I have more confidence now to speak to people in the community or making phone calls to book stuff for events; this is something I would have never done! I can easily share my ideas and opinions in the group and feel like I can really speak up and I now use

this every day in school and with my friends. I made lots of new friends in this group and most of them are now my best friends.

I was recently the main role in the Panto at Christmas time. I loved it. I had come a long way from when I first started to actually being the main role of a show! I had never performed as the main role so I felt the pressure of it and I was worried I would mess up! The show was really good and I enjoyed it and loved working with all my friends and I become such a confident person after it. I was ready to take on more lead roles.

I was also a member of the Youth Advisory Group. I had to apply and went through an interview process to get into it. This was good experience for me! I had to help New Lodge Arts make decisions about the organisation and I felt I was a big part of it. I learned what went on in the office and how much work is put into events and everything that is done for us.

If I didn't join New Lodge Arts I think my life would be very different and I am glad I got the chance to join!

Contact: Anne Delaney, Arts Programme & Operations Manager, New Lodge Arts, Ashton Centre, 5 Churchill Street, Belfast BT15 2BP. Telephone: 028 90742255 or email: anne.delaney@ashtoncentre.com

Social Media
facebook.com/nlarts
twitter.com/NewLodgeArts





FabLab Belfast

A FabLab (Digital Fabrication Laboratory) is halfway between a laboratory and a workshop. It's a place where you can make (almost) anything, where both small children and inventors can turn an idea into reality. FabLab came into life as an outreach project from the Massachusetts Institute of Technology (MIT) Centre for Bits and Atoms (CBA). In 2012 a team from MIT, including Prof Neil Gershenfeld, visited Belfast to assist in set up, train staff and launch the project. Since opening FabLab Belfast has engaged with local schools and communities to



offer our services and encourage them to tap into their inner creativity and get busy making all sorts of things. Inside the Lab is state of the art computer controlled machinery that includes a 3D printer, a laser cutter, CNC router, full electronics station and a large scale vinyl cutter.

FabLabs have spread from inner-city Boston to rural India, from South Africa, the Basque Region and to the North of Norway and now number over 450. Activities in FabLabs range from leaning how new technology works, accredited training, craft & making session, local problem-solving to small-scale business support and research.



The mixture of equipment and open access enables anyone to use FabLab. Novices through to experienced engineers can make something within the space, with skilled technical staff on hand to assist you through the process of making your idea come to reality. All you need is your design and we can begin to make it. Even if you are stuck for an idea, you can find a wealth of suggestions, ideas and projects online. We can



make products out of wood, acrylic, composite moulds, silicon, cardboard, sheet aluminium, plastics, copper foil and vinyl. There are waxing, chemical moulding, milling and routing, laser cutting, electronics, textiles, vinyl cutting and 3D scanning and printing facilities.



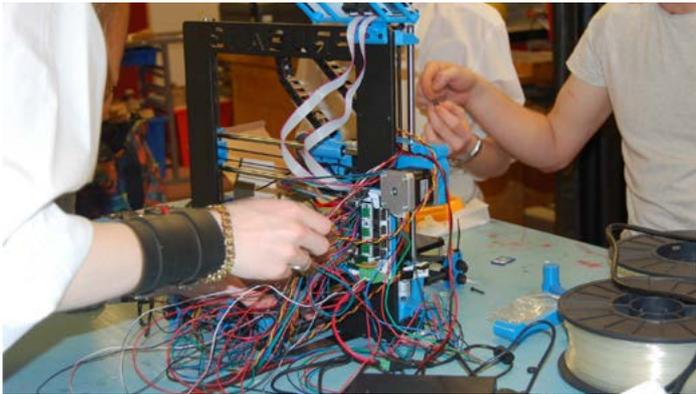


Design & Fabrication

Accredited Training Courses (Age 14yrs +): FabLab Belfast can deliver OCN in digital fabrication giving you an introduction to the exciting world of digital fabrication and gain a qualification while learning in a relaxed and creative environment.

School Engagement: Our schools engagement programme works with teachers and students to promote design and digital fabrication in the classroom as an essential skill in today's hi-tech economy. Our programme works with primary and post primary schools across Northern Ireland.

Workshop programmes: We facilitate a varied programme of activity for all ages aged 8 – 80, our workshops start with



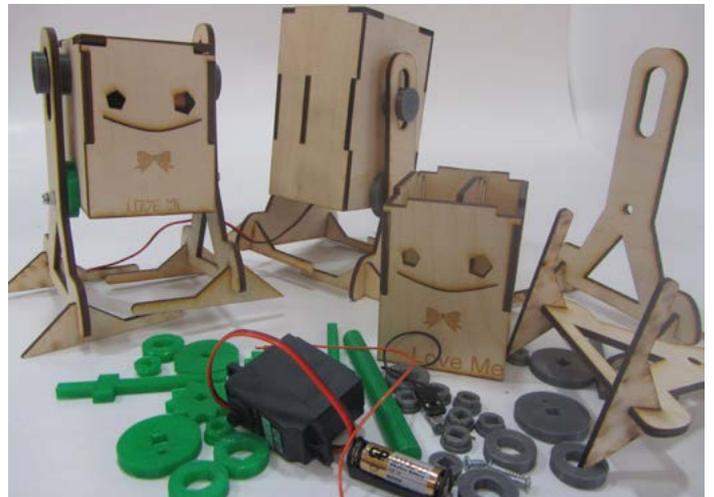
beginner activity for those who've not used computer software before to more advanced usage for people with more experience. We run workshops in making crafts, furniture, toys, instruments, robots through to manufacturing techniques using laser cutters and 3D printers and using specialist design software. FabLab Belfast can tailor a workshop experience for groups to suit their learning needs and level of ability.

Enterprise Training (Groups): A programme for teams to have fun, develop team working skills, creative thinking and pitch new business ideas. Teams can work together to produce and



manufacture product ideas in an engaging and stimulating environment.

Open Access: Free discovery days for the public to come in and spend some time learning about FabLab or being able to work



on a personal project.





Design & Fabrication

Design & Manufacture Service (Rapid Prototyping Service): A bespoke service for those looking to develop a proof of concept prototype or designed or manufactured.

FabLab Belfast is a one-of-a-kind resource for the community; there are a number of benefits to finding out what you can do in FabLab for you or your family:

Discovery - Find out about computing, making stuff from keyrings to furniture to musical instruments to repairing old electrical items. You can learn loads in a relaxed easy going atmosphere and friendly helpful staff will build your confidence in the new and exciting field.

Access - You can come and find out about FabLab and the exciting at one of our many open days. We also run workshops for school & community groups and have public sessions that you can sign up to. No experience is necessary and we welcome all ages, if you are 16 or under we ask parental consent to visit at an open day.

Education - Get involved and gain a new accreditation, you can also find out about how what you learn in FabLab Belfast can be continued at school or college, further education or online.



Testimonials

'I would just like to say how friendly Steven and Bronagh were when I used the laser cutter last week, as a first time visitor it was very encouraging!'

FabLab User

'thank you for looking after me during my work experience, It has given me food for thought of what I would like to do in the future.'

Student (Malone College)

'FabLab Belfast has allowed our students to be inspired into thinking how new technologies will be used in the jobs of the future. Thanks for coming out to our college with your Pop Up FabLab and facilitating workshops with our students.'

Teacher Edmund Rice College

Contact: Patrick O'Hare, Technical and Operations Manager
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Email: patrick.ohare@ashtoncentre.com

Social Media

twitter.com/FabLabNI

facebook.com/Fablab-Belfast



Bridge of Hope

Bridge of Hope is a community health & wellbeing service that works with individuals, families and communities affected by the conflict and poor levels of physical and emotional health. Since 2001 we have supported over 17,000 people access wellbeing services such as:

- Complementary Therapy
- Physiotherapy
- Life Coaching
- Counselling & Psychological Therapy
- Accredited VTCT Training
- Personal Development Courses
- Conflict Legacy Programmes.



These services help to manage stress and encourage the development of positive and resilient lives. We are a community advocate in the field of mental health and suicide prevention in Belfast.

We support people through funding provided by The Executive Office through the Victims & Survivors Service (VSS). We also receive funding from the Belfast Health & Social Care Trust to deliver complementary therapies to support those experiencing poor mental health and from the Public Health Agency under its Protect Life suicide prevention strategy.

We are a BH&SCT Primary Care Talking Therapies Hub provider delivering services across the city of Belfast to meet the needs of individuals who are experiencing common mental health



problems.

We are a key strategist and strong community advocate in the field of mental health and suicide prevention especially in the Belfast area. Lobbying for change is a significant part of our strategic direction and is informed by local need and pressures.

Community based conflict & legacy programmes

North Belfast's experience of conflict and trauma is significant and is borne out by poor health and life indicators. Out of the recorded 3,532 overall conflict deaths, 1,541 people killed were from North and West Belfast. Within a square mile of the Ashton Centre 635 people were killed and 2,500 people injured. The scale of trauma and the legacy of the conflict in North Belfast is arguably immense. We are actively engaged in researching the needs of victims and survivors of the conflict so that we can better advocate their needs at a strategic level. Together with the Transitional Justice Institute at Ulster University, we have developed a community-university human rights programme that speaks to people whose lives have been changed by conflict. The Transitional Justice Grassroots Toolkit Programme is relevant to areas moving out of conflict and has been translated into Spanish and Arabic. The materials for this programme are available on our website www.thebridgeofhope.org





Health & Wellbeing

We provide services in our Ashton Clinic and 16 Alliance Avenue premises. Outreach sites include: Shankill Women's Centre, Falls Women's Centre, Tar Anall, Sally Gardens Community Centre in Poleglass, GRACE in Ardoyne and Carrickmore in County Tyrone. Individuals can self-refer into services or be referred by a friend, family or community group. Alternatively we welcome referrals from VSS, GP, social worker or other health professionals.

Complementary Therapies

We offer a range of evidence-based therapies including massage and reflexology. You will unwind in an unhurried atmosphere of comfort and care, leaving the stresses of the everyday world behind you in our relaxing therapy centres. The primary purpose of these therapies is to encourage and promote relaxation of the body and mind.

Physiotherapy

Bridge of Hope's physiotherapy programme is delivered by specialist musculoskeletal physiotherapist Francis McMonagle,



Trauma and Orthopaedic outpatients department, Mater Hospital. Those eligible for support include those individuals physically or psychologically impacted by the conflict who are experiencing symptoms such as chronic pain. Individuals can self-refer or be referred in by a health professional, family member, friend or community organisation.

Life Coaching

Life coaching is a practice that helps people identify and achieve personal goals. It aims to support and help the individual set

and reach goals using a variety of tools and techniques. We started delivering community based life coaching services in 2006. Life coaching can help individuals move forward with an increased positive mental attitude. Life coaching centres



around three core issues, positive thinking, changes in attitude and positive actions. Taken together these represent a powerful methodology for moving forward.

Counselling & Psychological Therapies

We provide psychological therapies in a warm, safe and supportive environment to individuals of all ages. There are times during our lives where we may experience emotional difficulties due to circumstances or events that have occurred recently or in the past. Counselling is an opportunity to work through such issues in a non-judgmental way. All of our practitioners are fully accredited and work in accordance with ethical standards as outlined for example in the BACP Ethical Framework for Good Practice in Counselling & Psychotherapy.

Accredited VTCT Training

We deliver accredited training in Reflexology and Swedish Body Massage through the Vocational Training Charitable Trust (VTCT). We are an accredited VTCT learning centre and have been training individuals since 2003. These courses begin each September and run for 30 weeks on a one evening per week basis. They are funded by the VSS. We also offer the Level 2 Award in Thermal Auricular Therapy also known as ear candling.





Health & Wellbeing

Personal Development Courses

We deliver resilience, stress management and resilience programmes regionally. Each one offers its own benefits to the participant. They vary in length - from a one day course to a 6 week programme. All courses are designed to alleviate stress, strengthen confidence and build resilience. At Bridge of Hope we take a holistic approach to health and well-being. Our programmes treat the body and mind as a whole and aim to provide the tools to help you feel positive. There are no previous skills or qualifications required to register for any programme and our highly qualified tutors ensure a bespoke course every time.

Mindfulness - Mindfulness seeks to develop and nourish present moment awareness. We offer mindfulness training in various programme styles. By practising mindfulness it can lead



to less worry about the past or future; less criticism of self and others; and more acceptance of the present moment as it is.

Empower Me - A one day course designed to empower the individual to make positive, proactive and lasting changes in their lives.

Resilience & Emotional Management Programme - This one day course helps to identify personal strengths and is relevant

if you are interested in learning how to become more resilient in dealing with life's challenges.

Relaxation De-Stress SWAN Programme - This one day course involves yoga stretches, meditation, body and mind awareness, life coaching using the Strengths Weaknesses Ambitions Needs (SWAN) technique and also head, neck and shoulder massage with acupressure points.

Understanding Stress for Personal Growth - This course focuses on stress and how it affects people, as well as giving practical, effective tools to deal with stress. It is delivered by a team of qualified personal development trainers including a life coach and complementary therapy practitioner.

Love Yourself Heal Your Life - This two day workshop is based on Louise Hay's bestselling book You Can Heal Your Life. It has helped thousands of people make positive changes in their lives. The course helps you gain deeper insight into old patterns and gives you the tools and techniques to release more fully.

Reducing Stress for Women - This women only six week course teaches the techniques and strategies to help lead a more balanced joyful life. Women often feel stressed by work-life balance issues as they juggle family, commitments and jobs. In order to give your best to all areas in your life this course works to provide some techniques for dealing with daily demands.

Take 5 Resilience Training - The Take 5 Steps to Wellbeing campaign is designed to help individuals and communities to develop emotional resilience and well-being. The Take 5 steps are: Give; Be active; Connect; Keep learning; Take notice. This course looks at practical ways the 5 steps can be incorporated into everyday life.

Communication & Confidence Workshop - This one day workshop aims to provide tools and techniques to help improve confidence and communication skills. Whether you're working on your own self-esteem or building the confidence of people around you, this workshop will help you focus on what is important for your own journey of personal development.





Conflict & Legacy programmes - Bridge of Hope is actively engaged in researching the impact of the conflict in local communities. Our Transitional Justice Grassroots Programme, a partnership with the Transitional Justice Institute at Ulster University is aimed at giving local communities a voice and an opportunity to assess the legacy of conflict and its impacts. Other programmes include 'Who am I?' and 'Making Sense of the Past in the Present'.

Evaluations & Testimonials Bridge of Hope is committed to providing accessible, high quality health & wellbeing services. Here are some comments from our service users:

Life Coaching clients: I'm beginning to release old patterns of negativity, I've learnt so much about myself; I feel my life goals are more achievable, I am better able to focus.

Therapy clients: Stress levels reduced, aches and pains reduced, feeling more relaxed; I feel less tension in neck and shoulders; Definitely seen an improvement in my mental health; Sleeping better and emotionally improved; Less stress and calmer; Less stress, and improved health; Helped me through a hard time in my life; Coping better with life; Helped me to relax more and take time for myself; Not as easily overwhelmed by circumstances.

Training Programme (Louise Hay) participants: I feel a new lease of life; Feel so empowered and free; Realising the connection between your thoughts and your emotions; I was amazed at

the overall content and delivery of the course, I have learned how important it is for us all to support each other and the importance of sharing experiences with those around us; Many



thanks to all involved; I feel so important and special; I found it very inspirational; I'm going home a new woman - it's helped me find myself.

Get in Touch: Please contact our team using the numbers below to find out more and avail of services.

Head of Victims & Mental Health Services Irene Sherry.
Bridge of Hope @ Duncairn Gardens
164 Duncairn Gardens, Belfast, BT15 2GN. Tel: 028 9074 6737.
Email: irene.sherry@ashtoncentre.com

Bridge of Hope @ Alliance Clinic
16 Alliance Avenue, Belfast BT14 7PH. Tel: 028 9543 8707

Bridge of Hope @ Ashton Clinic
5 Churchill Street, Belfast BT15 2BP Tel: 028 9022 1022

Bridge of Hope @ McSweeney Centre
Henry Place Belfast, BT15 2BB. Tel: 028 9032 2289

Social Media
facebook.com/bridgeofhope.org/
Website: www.thebridgeofhope.org





Childcare

Kinderkids

Kinderkids Daycare was established in 2000 as a social enterprise of ACT. Over the years Kinderkids has expanded in response to local need and now operates three childcare centres in North Belfast. The aim of Kinderkids Daycare is: 'To provide high quality childcare services, thereby supporting children's development and improving parent's access to education, training, employment & family support services.' Currently Kinderkids accommodates over 250 childcare places per week across all three childcare centres and employs over 70 staff on a full and part time basis. Kinderkids is an extremely important aspect of ACT's day to day business and represents an important social and economic driver for the local community.

Provision: Kinderkids offers childcare to a range of parents and carers, from those working who can access childcare vouchers



and working tax credits, to parents to are undertaking a period of study at university or college. Kinderkids also provides childcare placements to children whose parents are engaged in employment programmes to assist with their return to work. Furthermore, Kinderkids also works closely with Surestart in providing childcare placements for parents who are engaged within Surestart programmes or who require childcare support. We provide Sponsored Daycare Placements for families who are engaged with Social Work Teams within the Belfast Trust.

Play and learning: Kinderkids understands that play is of paramount importance to a child. A child's play has a purpose and is a step toward the learning and understanding of valuable skills. It can help the child fit into the world physically, intellectually, emotionally and socially and grow to be a healthy, competent unique individual. To develop children's



play opportunities at Kinderkids we implement the Early Years Foundation Stage (EYFS) in all the daycare rooms. The EYFS Curriculum helps adults working with the children to understand and support each individual child's development pathway and ensure an appropriate learning journey is planned out for each child. At Kinderkids each child is observed





Childcare

continually during their time with us and these observations are recorded in an individual tracker record. Kinderkids also believes that by sharing observations with parents/carers this strengthens the partnership between home and the childcare setting.

We provide full and part time child care places for children from 0-11 years old at our 3 facilities based at Ashton Centre, McSweeney Centre and Cliftonville Road. We also provide after schools child care for children of primary school age. Kinderkids Daycare operates all year round closing only on bank & public holidays. We offer varied childcare packages which can be



flexible and catered to the child, family or carers needs. In addition, Kinderkids operates a fulltime out of school provision during school closures and for the duration of the summer and offers school collection free of charge to families who require it.

Kinderkids opens from 8am to 6pm Monday to Friday. Prices vary according to childcare package.

We at Kinderkids provide a quality assured, rich and stimulating play environment for each child. We promote confidence, resilience and independence in children. We provide a flexible approach to childcare solutions for parents who are working, in education, training or in need of family support.

Parents Testimonials

"The staff are lovely, always have time to chat to you about how

your child's been and always make my child feel welcome in the morning."

"Staff are very professional, I feel confident that my child is well cared for."

"My daughter has always loved Kinderkids - Staff are brilliant and always very flexible and friendly."

Contact: Fionnuala Black, Manager, Kinderkids Daycare, 22 Cliftonville Road, Belfast, BT14 6JX, Tel: 028 90 749146
E-mail: fionnuala.black@ashtoncentre.com

Wenda McNeill, Manager, Kinderkids Daycare, Ashton Centre, 5 Churchill Street, Belfast, BT15 2BP, Tel: 028 90 742255
E-mail: wenda.mcneill@ashtoncentre.com

Sharon Rooney, Manager, Kinderkids Daycare, McSweeney Centre, Henry Place, Belfast, BT15 2AY, Tel: 028 90 333966
E-mail: sharon.rooney@ashtoncentre.com

You can also contact Christine McKeown, Head of Childcare and Family Support

Ashton Centre, 5 Churchill Street, Belfast, BT15 2BP. Tel: 028 90742255
E-mail: christine.mckeown@ashtoncentre.com





Youth Development

New Lodge Youth Centre

New Lodge Youth Centre is a voluntary youth centre based in the Greater New Lodge area of North Belfast. The youth centre moved from BELB management to Ashton Community Trust community management in April 2012. Since then we have worked hard to increase programme delivery and maximise the overall potential of the Centre by ensuring greater accessibility and usage by local young people. We provide a range of programmes for young people during the week and at the weekend that are designed to help them grow and develop.

Junior Club: The Junior Club provides a range of age appropriate personal development programmes as well drop-in provision from Monday to Thursday for junior members aged 5 – 7 years from 6-7pm and for junior members aged 8 – 11 years from 7-8.30pm. Activities include:

- Arts and crafts
- Gaming
- Cookery
- Healthy lifestyles
- Sports development, e.g. football, pool, team games, swimming.
- Learning about safety – internet, road and first aid
- Learning about my community

Senior Youth Club: The senior drop-in provides a range of projects and programmes delivered for young people of secondary school age from Monday to Thursday, 8.30-10pm and Friday 6-9pm, Saturday 2 – 5pm and Sunday 6 – 9pm. In addition a midnight club operates on a Friday evening 9pm





Youth Development

until midnight for young people aged 14+ years. Activities for seniors include:

- History and culture programmes
- Community relations and cross community initiatives
- Local and national residential workshops
- International exchanges
- Global awareness programmes
- Active citizenship community initiatives
- Arts and crafts
- Gaming
- Sports development - football, pool, team games, swimming, gym, street games
- Health and wellbeing – drug awareness, sexual health, healthy eating and cookery

their needs and aim to create an environment of mutual respect and understanding, equity, diversity and interdependence. The Youth Centre provides young people with the opportunity to grow, develop social and life skills in a safe and secure environment, take on responsibility and make decisions on their own based on sound information and support. We also work with other youth and community groups throughout the city to build relationships that provide additional opportunities for young people to learn and gain a greater understanding of the needs of others. We educate young people through informal methods, addressing issues that affect their lives and development. Our work starts from where the young people are. We seek to expand young people’s horizons, promote participation and invite social commitment, in particular by encouraging them to be critical and creative in their response to their experience and the world around them.

Testimonials

Liam Eagle, aged 16

I started taking part in projects in the New Lodge Youth Centre in the summer of 2012 when I was 12 years old. I started to get involved in a youth group with other young people my age and for the next three years it led to what was to become the most



Street Outreach: Staff and volunteers from New Lodge Youth Centre also facilitate street outreach in partnership with other agencies.

Ashton Community Trust, through the New Lodge Youth Centre, works to create appropriate settings that facilitate the growth and development of the young people of Greater New Lodge. We work in partnership with young people to meet





Youth Development

exciting time of my life. Cross community projects became a part of everyday life for me. One of my favourite programmes was 'Tell Me Your Story' where young people from the Hubb Community Resource Centre on the Shore Road and young people from the New Lodge Youth Centre told their stories about growing up. It was amazing to listen to young people from another community who had the same issues growing up as we did in the New Lodge. I have gained many life skills in the New Lodge Youth Centre and have taken part in many OCNs such as Level One in Law and Order, Level One OCN Youth Leadership and Level One OCN Peer Mentoring. The skills I have developed will help me over the coming years. I have also been involved in numerous residentials at home and abroad. In August 2015 I took part in a project called 'Motivational Compass' with young people from North Belfast and Holland. The project taught me a lot about myself and helped me believe that I can achieve things I didn't think possible. I love my time at the Youth Centre and I want to gain more qualifications and improve my lifestyle. The centre has been a big part of my life.

Ciaran Murray, aged 16

Before I was introduced to the New Lodge Youth Centre through the street outreach team, I passed my time knocking about the

streets with a football trying to take part in any activity I could. As soon as I stepped into the New Lodge Youth Centre it was like



a breath of fresh air and I realised it was something me and my friends could do in the evenings. As I gradually started to feel more comfortable I began to take part in activities the youth centre was running and after each session, my confidence grew and I grew as a young person. The Youth Centre then offered me the opportunity to travel to the Swiss Alps with the Hubb Community Resource Centre on the Shore Road as part in a cross community initiative. When I arrived back home, I started to go to the Youth Centre more. I had a new enthusiasm and spoke to staff about an idea I had on raising awareness on homelessness in Belfast. We came up with the idea to do a major sleep out with all youth centres in Belfast at the City Hall. It was an amazing experience and gave me a very brief insight in to what life is like for people who are homeless. I was also involved in the 'Challenging Stereotypes' group. I learnt a lot in this programme and probably more than I ever learnt in 11 years of education in school. I also learned the ropes in youth work and began to realise I would like to choose youth work as a chosen career path. I was awarded an OCN on working with young people with disabilities through the 174 Trust and also achieved my 50 hours Millennium Volunteers Award. I am very proud to have all



of these awards as they will stick with me throughout my life. From taking part in these activities my journey has been an incredible and unforgettable one so far. I know this is only the start for me as I feel youth work is the career I want to choose and have taken the next step by starting my OCN level 1 in Youth Work.

KerriLeigh Bright, 26,

Youth Support Worker, New Lodge Youth Centre

I am from the New Lodge and started attending New Lodge Youth Centre at the age of seven. As a child I was involved in many activities and projects such as cheerleading and performing arts. When I was growing up I was given many opportunities in the Youth Centre and these inspired me to become a youth leader myself. This would have never have happened without the help of my youth leaders at New Lodge Youth Centre. Once I decided on what I wanted to do, and with the help of the staff, I applied for an OCN level 1 and 2 in youth work. I volunteered for a while in the Youth Centre but I soon found my motivation dipping. As time went on I knew I needed to get back on track and that I needed support to do this. At the age of 23 I still had leaders that saw and knew my potential. They had faith in me and knew that I just needed help. They gave me the confidence and motivation to get back out there to be the person I knew I could be. In 2014 I completed my OCN Level 3 in Programme Development and Working with Others. This was amongst the proudest moments of my life. Since then I have been involved in personal development programmes with young people through the Prince's Trust. I also won a Community Impact Award with the Prince's Trust. I am now a member of staff in the Youth Centre. There is only one way forward for me now and that is up and I am looking forward to working with young people from my community to help them realise their potential and get involved in some wonderful opportunities that the Youth Centre can offer.



Contact: Mary Madine
Youth Leader in Charge
New Lodge Youth Centre, 117 Upper Meadow Street
Belfast, BT15 2FQ.
Telephone: 028 9075 1358
or email mary.madine@ashtoncentre.com

Social Media
facebook.com/newlodageyc





Social Enterprise

North Belfast Social Enterprise HUB

The North Belfast Social Enterprise Hub, led by Ashton Community Trust, is a signature pilot project of OFMDFM through the Delivering Social Change Framework that seeks to tackle poverty and social exclusion. The North Belfast Social Enterprise Hub, based at the McSweeney Centre, Henry Place and other Hubs operating across the city are available to new or existing social enterprises with an idea for a new product or service.

Social enterprises are based on ideas that respond to a social or environmental need with a business solution. All potential social enterprises can avail of support including workshop,



training, one to one mentoring support and much more. This pilot project is categorised as an 'Action and Learning' phase with four core objectives;

- Create 9 social enterprises within the Strategic Investment Fund areas
- Removal of community eyesores through targeting clusters of street level vacant or under-used units
- The encouragement of social enterprise business start-ups within local communities
- The provision of services for the purpose of facilitating

social enterprises

To date we have over 160 clients registered at the North Belfast Social Enterprise Hub. Together they represent a mixture of social entrepreneurs and community organisations new and existing. There are a number of clients test trading or trading their social enterprise ideas. All clients are kept up to date with current funding available, opportunities that arise specifically for social enterprises, regular webinars, and provided with factsheets on various topics, grant tracker updates and any other relevant information.

North Belfast Social Enterprise Hub Services: All support and services offered at the Hub are free and include:

- **Hot-desking:** Facilities available during opening hours where client can book a desk which is accompanied with telephone, computer and printing facilities
- **Grant Tracker:** Grant Tracker is Northern Ireland's funding tool kit to assist in finding relevant funding for your project; it keeps on top of all available funding, deadlines and manages your application.
- **Mentoring:** All clients are matched to a mentor that has the expertise to assist with funding applications, write business plans, source and assist in writing tenders,





Social Enterprise

strategic development etc.

- Training Workshops: There is no set calendar of training workshops as they are arranged based on need. To date we have ran workshops on topics such as governance, legal status, human resources, basis finances, marketing, leadership and strategic planning.

Newtownabbey Mental Health (Formerly - Mental Health Matters) - Best Practice Visit

"We would like to thank yourselves for the invite to the best practice visit at Bridge of Hope, it was brilliant to get to see how therapy rooms are set up. We were very impressed on how it was set up and also by how many clients they have supported and helped over the years. We would like to take the opportunity to wish everyone the best and keep up the great work! We highly recommend your services." - Ken Boyle (Vice-chair)

The HUBB Community Resource Centre - Peer to Peer Learning

Colleen Crothers from The HUBB Community Resource Centre availed of Peer to Peer learning support. She was matched with Fionnuala Black, Manager of Kinderkids Day Care on the Cliftonville Road. The HUBB Community Resource Centre is in the process of setting up an Afterschools Social Enterprise and the learning received from Kinderkids was invaluable said Colleen. Colleen added: "Visiting Kinderkids gave me a better insight to how the day to day operations of an Afterschools really works, managing staff, taking care of children, pick-ups, policies, procedures, I didn't realise that there was so much involved and this has given us a lot to think about. It is an exciting time for us but there is a lot of work ahead in getting the Afterschools set up and I didn't realise how complex it can be. I want to thank Fionnuala for all her help and she has agreed further dates of learning which I hope to do in the foreseeable future."

Crafted Hands - Training and Fab Lab Visit

Finance training was delivered to Crafted Hands in order to assist with running their craft business and tuck shop. Nicola (Facilitator

to Service Users) had mentioned that there was confusion in keeping the tuck shop and Crafted Hands stock separate in sales. Due to this, the group received training and advice on how to manage this and record it on an excel spreadsheet. There has been further training sessions arranged to help with the growth of the business. As well as this, a visit to Fab Lab was arranged in order to design and produce marketing materials. Fab Lab was then able to create stamps in order to ease and quicken the process of producing the handmade crafts. As well as the stamps, T-shirts and canvas shopping bags were also designed and produced for the group. Nicola stated "The training given to the group was extremely helpful and we really appreciate your guidance and support. The service users really enjoyed the training and are so happy with all the help we are receiving from the Hub and look forward to receiving more training. We couldn't be happier with the work Fab Lab has done for us as well and can't wait to get the t-shirts and be able to sell on the canvas shoppers to promote the business."

Ciara Rea (Hub Manager)

McSweeney Centre, Henry Place, Belfast BT15 2BB

Telephone: (028) 95 215 528

Email: nbsehub@ashtoncentre.com

Opening hours Monday to Friday 9am to 5pm
(evenings & weekends if required)

Social Media

[facebook.com/NorthBelfastSEHUB](https://www.facebook.com/NorthBelfastSEHUB)

twitter.com/NBSEH





Family Support

Family Support

Family Support Hub

Ashton Community Trust was awarded the lead for the Lower North Belfast Family Support Hub in 2015. Family Support Hubs provide early intervention family support services to families and children/young persons aged up to 18 years. All families can need support at some stage; a sudden bereavement, finding yourself in debt, not being able to manage your child's behaviour, questioning your ability as a parent or worrying that you child may have additional needs. The development of



the Lower North Belfast and associated Family Support Hubs means that there is a place you can go and be listened to and supported. You no longer need to feel alone, worrying which way to turn, we can offer you support.

The Family Support Hub is a multi-agency network of statutory, community and voluntary organisations that either provide early intervention services or work with families who require early intervention services. When working with families The Hub uses knowledge of organisations to signpost families to the services that best meet their specific needs. This collaborative way of working ensures that families get the support they

require when they require it. There are a number of ways you can be referred to the Hub for support: you can refer yourself (self-referral), your child's Health Visitor may refer you as can your child's school, your GP, a local community organisation or you could be referred from many other sources.

If you require further information on the Lower North Belfast Family Support Hub contact: Edith McManus, Hub Co-ordinator 22 Cliftonville Road, Belfast BT14 6JX. Tel: 028 90 749986 Email edith.mckeown@ashtoncentre.com

Christine McKeown, Head of Childcare and Family Support Kinderkids Daycare , Ashton Centre, 5 Churchill Street, Belfast, BT15 2BP. Tel: 028 90742255 or Email: christine.mckeown@ashtoncentre.com

FabLab: FabLab Belfast runs the following activities to complement the family support programme:

Family Fundays: These workshops allow family groups to spend time in FabLab experiencing how we use new technology to make new things. Family Fundays allow families to come together and bond over new creative activities that use technology in a safe and private environment.

Parent and Child Workshops: Parent and Child workshops allow a time and space for children with their parent an opportunity to use an activity around a computer as a chance to get closer and deepen their relationship. These activities encourage a parent and a child to think, learn, design and make with one another using FabLab Belfast's suite of creative technology.

Training & Employment: Community Family Support Programme: The Community Family Support programme is a Belfast City wide partnership led by the Upper Springfield Development Trust. Ashton Community Trust delivers the programme in North Belfast. We offer a programme of support to families to help them reach their full potential in areas such





Family Support

as employment, education and lifestyle. The programme is designed around the needs of your family and includes activities such as: Family Fun Days, Education Course, Parenting Skills, Money Management Training, Employment Support, Healthy Living Training and Stress Management. To qualify you must live in North Belfast and have a member of your family aged 16-24 not in employment, education or training (this could be the parent). For more information please call 02895 609522 and ask for a member of the family support team or email jeanette.burns@ashtoncentre.com

Bridge of Hope: Bridge of Hope provides support for families and adult members of families who have been bereaved, physically injured or psychologically affected by the conflict.

Our family support worker communicates closely with families keeping them abreast of what additional support may be available to them through the Victims & Survivors Services (VSS). This relates to help for carers, support for the physically injured in managing chronic pain and support for the bereaved. The family support worker provides guidance on how to register with the VSS and can assist with filling in application forms if required. The family support worker can directly contact VSS on behalf of families if they have queries around services or concerns around eligibility. The family support worker also provides counselling support for those suffering psychologically and can arrange a seamless and timely referral for those who wish to avail of further support services through Bridge of Hope. If you would like get in touch with us, please contact Jean Fox, Family Support Link Worker, McSweeney Clinic 028 95438707.

Community Development: The Community Development Coordinator has a close working relationship with the family support elements provided by Ashton Community Trust. He is regularly briefed about all developments relating to Ashton's Family Support services and in turn ensures that all relevant

information is made available to local community groups and residents. Information is passed on through community meetings and articles and advertisements in the community magazine and through various forms of social media. He also arranges and facilitates presentations and meetings between



Family Support providers and local community groups. In his everyday engagements with residents and through regular networking with other groups the Community Development Coordinator often refers people on a personal basis to the Family Support facilities.

New Lodge Youth Centre

New Lodge Youth Centre has been funded by Belfast Outcomes Group to deliver two Family Support Programmes to support children and young people across the Lower North Belfast Family Support Hub area. The programmes focus on providing children and young people with skills that will build resilience to help them deal with the daily challenges and adversities they might face to help them navigate successfully into adolescence. Sessions are fun and interactive integrating behavioural personal development focused workshops with arts, sports and cookery. The programme is aimed at children and young people aged 5 – 7, 8 – 11, 11 - 13 and 14 – 17 years and delivered during after school and weekend sessions.





Ashton Community Trust

Ashton Community Trust Directory of Services

Ashton Community Trust

Ashton Centre, 5 Churchill Street, Belfast, BT15 2BP

Tel: (028) 9074 2255 Email: info@ashtoncentre.com

www.ashtoncentre.com

 twitter.com/ashtoncommtrust

 facebook.com/ashton.centre

Ashton Community Trust



'To promote positive change
and improve the
quality of life of the North
Belfast community'

Main department contacts:

Community Impact - Paul O'Neill: paul.oneill@ashtoncentre.com Tel: (028) 9074 2255

Training & Employment - Pat Boyle: pat.boyle@ashtoncentre.com Tel: (028) 9074 2255

Culture & Arts - Katrina Newell: katrina.newell@ashtoncentre.com Tel: (028) 9075 1358

Design & Fabrication - Patrick O'Hare: patrick.ohare@ashtoncentre.com Tel: (028) 9074 2255

Health & Wellbeing - Irene Sherry: irene.sherry@ashtoncentre.com Tel: (028) 9074 6737

Childcare - Christine McKeown - christine.mckeown@ashtoncentre.com - (028) 9074 2255

Youth Development - Katrina Newell: katrina.newell@ashtoncentre.com Tel: (028) 9075 1358

Social Enterprise - Ciara Rea: ciara.rea@ashtoncentre.com Tel: (028) 9521 5528

Family Support - Christine McKeown: christine.mckeown@ashtoncentre.com Tel: 028 9074 2255