

GREATER NEW LODGE COMMUNITY MAGAZINE



March 2016

Ashton Centre, 5 Churchill Street, Belfast BT15 2BP Tel: (028) 90742255 email: leo.morgan@ashtoncentre.com



Ashton Community Trust collected the EFQM 'Ireland Excellence Award' on Thursday 28 January 2016 at a prestigious ceremony at the Clondeboye Lodge Hotel in Bangor. The Ireland Excellence Award is the top level of recognition available in the highly-regarded scheme, which is supported by the Department of Finance and Personnel, Capita, and NIE Networks.

The huge significance of this achievement can best be measured when we consider that Ashton Community Trust was one of only two organisations in the whole of Ireland to receive this year's accolade. The other winner was Friends First, an organisation which has 276,000 customers and manages assets worth €4.7billion.

EFQM stands for European Framework for Quality Management. The awards recognise excellence in business processes, with winners undergoing rigorous examination in areas such as employee dedication, productivity, customer satisfaction and superior financial performance.

This most recent award further underpins Ashton Community Trust's growing reputation for excellence in its performance and delivery. Ashton has made a huge impact in

Highlights

- Page 1 - Ireland Excellence Award
- Page 4 - Lower North Belfast Family Support HUB
- Page 5 - Girdwood Community HUB Opens
- Page 6 - Food Waste - What to do with it?
- Page 7 - New Lodge Youth Centre
- Page 9 - Where to go for help
- Page 10 - A Young Person's Experience
- Page 11 - New Lodge Housing News Update
- Page 12 - Ashton Training & Employment Services
- Page 15 - Busy Times at Ashton Fablab
- Page 16 - Greater New Lodge Safer Streets Committee
- Page 18 - Tar Isteach Update
- Page 19 - Bridge of Hope: Counselling and Life Coaching
- Page 21 - New Lodge Street Games Project
- Page 23 - North Belfast United Youth Pilot
- Page 24 - Ashton Services

North Belfast and indeed across the city by creating over 170 jobs, providing important services and being at the forefront of community development for the last 25 years. The large spectrum of services it provides includes education, training

Continued on page 3

Belfast Works
LEMIS Project

Are you unemployed?
FREE COMPREHENSIVE CUSTOMER SERVICE TRAINING PROGRAMME AVAILABLE

Industry Recognised Qualification
No Experience or Qualifications required
Guaranteed Interviews for Live Vacancies

To sign up or register your interest in this course contact a mentor on:
02890 742 255



The LEMIS Project is part funded through the Northern Ireland European Social Fund Programme 2014 - 2020 and the Department for Employment and Learning



Belfast Works
LEMIS Project

Health & Social Care Course

Health and Social Care Awareness
Protection and Safeguarding
Person Centered Support
Communication
Career Preparation and Planning

Recognised Qualification
No Experience or Qualifications required
10 Week Course

To sign up or register your interest in this course contact a mentor on:
02890 742 255



The LEMIS Project is part funded through the Northern Ireland European Social Fund Programme 2014 - 2020 and the Department for Employment and Learning



Ashton Community Trust
Employment & Training Services

Community Family Support Programme

Our employability programme is here to help families make life changing decisions to enhance and improve their everyday life's.

Families must live in North Belfast and:

Have a young person aged 16-24 years who is Not in Education Employment or Training (NEET) (this could be the parent)

Multiple needs to be addressed (health, Social, economic, education, training and employment.)

The Ashton Community Trust is offering this programme of support to families to help them reach their full potential in areas such as employment, education and life style.

For more information call:
Jeanette Burns: 028 9560 9522 or
email: Jeanette.burns@ashtoncentre.com

This project is part funded through the Northern Ireland European Social Fund Programme 2014-2020 and the Department of Employment and Learning.




Community Contact Numbers

174 Trust - 9074 7114
Ashton Centre - 9074 2255
Bridge of Hope - 9074 6737
Bridges Sewing Group - 9074 2255
Bunscoil Mhic Reachtain - 9032 2409
Camberwell Fold - 9096 0552
Cancer Lifeline 9035 1999
Carrick Hill Community Centre - 9023 1602
Carlisle Day Centre - 9023 1227
Cumann Cultúrtha Mhic Reachtain - 90749 688
Employment Outreach - 9020 2440
Glenravel Local History Project - 9032 2289
Holy Family Primary School - 9035 1023
Holy Family Youth Centre - 9087 5150
Indian Community Centre - 9024 9746
Kinder Kids Day Care - 9074 2255
McSweeney Centre - 9032 2289
New Lodge Safer Streets - 07564 938276
Newington Credit Union - 9035 1773
New Lodge Arts - 9074 2255
New Lodge Youth Centre - 9075 1358
New Lodge Housing Forum - 9074 2399
North Belfast Family Centre - 9024 7580
North Belfast Social Enterprise HUB - 95 609 521
North Queen St. Community Centre - 9032 3945
Smile SureStart - 9075 6654
St. Patrick's Primary School - 028 9035 1206
Star Neighbourhood Centre - 9074 0693
Tar Isteach - 90746665 / 90754967

BRIDGES SEWING

Mon - Fri 1.00pm - 3.00pm
Curtain Making, Formal Dresses, Alterations Etc.

Ashton Centre
5 Churchill Street
Belfast, BT15 2BP
Tel: 90742255



DISCLAIMER: Reasonable care is taken to ensure that the articles in the CEP Magazine are up-to-date and as accurate as possible, as of the time of publication, but no responsibility can be taken by Ashton Community Trust for any errors or omissions contained herein. Furthermore, responsibility for any losses, damages or distress resulting from adherence to any information made available through this magazine is not the responsibility of the Ashton Community Trust. The opinions expressed are those of the authors and do not necessarily reflect the views of the Ashton Community Trust.

ASHTON WIN IRELAND EXCELLENCE AWARD

Continued from Page 1

and employment, social enterprise development, childcare, health and wellbeing, culture and arts, digital technologies and youth provision.

Chief Executive of Ashton Community Trust Paul Roberts said this latest EFQM award was a fantastic achievement for the organisation.

“Over the last seven years Ashton has proactively engaged with the EFQM framework and its assessors and has risen through the ranks to achieve this Ireland Excellence Award,” he said.

“This latest award is credit to the hard work and dedication of all our staff, board members and volunteers. Without their commitment we wouldn’t be able to achieve our mission of making North Belfast a better place to live. Over the years we have strived to build the quality of our services but what continues to be at the forefront of all of our efforts, are local people.”

Head of Ashton Corporate Services Ciara Rea, who picked up the award on behalf of the organisation at the event, added:

“We feel very privileged to work for the community. A lot of our staff come from the local area and this is one of Ashton’s key strengths that ensures we are connected on the ground and understand key issues that are affecting everyday life, be it health, employment, job skills, child care, families, the legacy of the conflict, young people, culture, digital technologies, cross community relationships or education”.



Ciara Rea of Ashton Community Trust receiving the Ireland Excellence Award

“We strive to support people in all of these areas, and to do it well. And I’m delighted to say that people who use our services tell us we are making a difference and we are helping and supporting them to create positive opportunities in their lives.”

The Awards are not an end in themselves but a means of assessing and recognising role model organisations against the most rigorous international quality standards while encouraging management and staff to continue their excellence journey to the next level.

The Chairman of the Centre for Competitiveness, Stephen Kingon, said: “This year’s award recipients represent a range of industries and sectors, but they all have a commitment to ensure excellence is an integral part of what they do, so I warmly congratulate them on their achievements”.

More details about Centre for Competitiveness here: www.cforc.org

We Want To Hear Your Views!

Within the next few months the Ashton Community Trust will be conducting a community survey in the New Lodge area. This will involve community workers and volunteers knocking on doors to ask residents to fill in a brief questionnaire. The process is designed to enable Ashton Community Trust to gather community views, issues and concerns about the quality of local life. As you will know, the local area including its surrounding environs is subject to

ongoing urban development. This includes housing schemes and major projects such as the new University of Ulster Campus, York Street Interchange and Girdwood to name but some. We would like to hear people’s opinions about any of this. We want to use this information to guide our future practice and to establish key priorities as we go forward in partnership with other relevant organisations and agencies.

Lower North Belfast Family Support Hub

In August 2015, the Lower North Belfast Family Support Hub was one of a number of similar Hubs established in the Belfast area. The Hubs were funded under OFMDFM's 'Delivering Social Change' framework. The key purpose is to provide early intervention support services to families and to children/young persons aged up to 18 years. Christine McKeown who is Head of Childcare Services with the Ashton Community Trust also operates as Chairperson of the Family Support Hub. Christine said, "All families can need support at some stage; finding yourself in debt, not being able to manage your child's behaviour, questioning your ability as a parent or worrying that your child may have additional needs can all act as issues of concern for families. At times like this, people may ask who do I turn to and where do I go? The development of the Lower North Belfast Hub means that there is a place you can go and be listened to and supported. Our message to people is that you no longer need to feel alone, or worry about which way to turn because real support is now available".

The Lower North Belfast Family Support Hub is a multi-agency network consisting of statutory, community and voluntary organisations with Ashton Community Trust having the lead responsibility. The areas covered by the Family Support Hub include New Lodge, Duncairn, Fortwilliam, Castlevue, Waterworks (part of), Chichester Park (part of) and Bellvue. The Hub now has 43 different organisations that have signed up to the network. Each organisation brings with it their own particular set of services, skills and expertise to provide support to families experiencing a range of diverse issues.

The Hub uses its networks and in-depth knowledge of organisations to signpost families to the services that best meet their specific needs. Since the Hub became operational in August 2015 over 60 family referrals have been received and over 90 separate services delivered to families. 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 and/or you could be referred from many other sources. When a referral is being made to the Hub a form is completed either by the person referring the family or by the family themselves (in the case of a self referral). After the referral form is completed it will be forwarded to the Hub Co-coordinator within Ashton Community Trust. The family will then be contacted by the Co-ordinator to ensure that all the specific needs of the family are documented and that the family can receive the necessary support.



If you want further information regarding the Hub or would like to enquire how to make a referral to it contact Christine McKeown or Edith McManus at the Ashton Centre 90 742255 or 90 749986

Launch of Family Support Hubs

The joint launch of the Lower and Upper North Belfast Family Support Hubs will take place on Wednesday 23rd March from 2.30-4.30pm in Girdwood Community Hub. This is a family focused event with something to keep everyone busy including a magic show, puppet show, face painting and reading corners for young children. The Northern Ireland Fire and Rescue Service will also be there and this is always a great hit with our younger residents. The older children will be entertained with crafts and the Fab Lab will also be there to appeal to all budding engineers. There will also be many other organisations there that will provide information to parents about services that are available in their area to help support families. There will be opportunities to have health checks carried out and perhaps even experience some alternative therapies. It is sure to be a fun-packed afternoon and a great way to start off the Easter holidays. The new entrance to Girdwood through Kinnaird Street will be open by then so please come along and enjoy our free family fun day.

LOWER & UPPER NORTH BELFAST FAMILY SUPPORT HUB

LAUNCH

Family Fun & Information Day

Wednesday 23rd March 2016
2.30pm - 4.30pm

Venue: Girdwood Community Hub

Magic Show	Health Checks
Puppet Show	FabLab
Information Stalls	Complimentary Therapies
Arts & Crafts	And lots more activities

Come along and find out what services we have to offer you.

CYPSP
 Children & Young People's Strategic Partnership

For more information call: Edith McManus: 028 90 749 986
 or Karen McLean 028 90 351 020

Girdwood Community HUB Opens



The Girdwood Community Hub was officially opened on Friday 15th January 2016 by Stormont Finance Minister Mervyn Storey and Belfast Lord Mayor Arder Carson. The Lord Mayor said it was “a significant stepping stone in the revitalisation of North Belfast”

The Community Hub is the first of a number of planned developments on the former British military barracks site, with funding coming for the Hub from the EU’s PEACE III Programme, managed by the Special EU Programmes Body (SEUPB), Belfast City Council and the Department for Social Development.

The Hub includes a gym, spa, sports hall, further education classrooms, dedicated youth space, a cafe and multi-purpose rooms for community hire. It will be managed by Greenwich Leisure Ltd (GLL), which now operates all council-owned leisure centres. GLL has promised to work closely with community groups and users to offer classes and programmes which reflected local needs.

A GLL spokesperson said, “As a social enterprise, we are extremely proud to be managing the hub. It marks a huge milestone in delivering better health and wellbeing opportunities that will encourage more people to lead a healthier and fitter lifestyle, and our staff are committed to working closely with community groups to make sure the venue is seen as a real community asset”.

“Our affordable Better Memberships give access to fitness classes and unlimited use of the gym, as well as admission to all leisure facilities across the city. The community hall will also be bookable for multi sports, such as badminton, basketball and tennis, and provide a venue for hosting drama productions.”

Officials from GLL met with the Greater New Lodge CEP on Friday 26th February at the Ashton Centre to make a presentation, to explain pricing policy and to discuss how access for local people to the Community Hub could be

further developed and improved.

Belfast Metropolitan College will also deliver a range of courses from five dedicated classrooms in the hub. Classes in this academic year include the Prince’s Trust Team Programme and Essential Skills in numeracy, literacy, ICT and entry level ICT, and the college is already working with community organisations to plan additional courses.

The Girdwood Community Hub is open from 9am to 9pm (Monday to Friday) and 10am to 4pm (weekends). For membership options and programme information, visit www.better.org.uk/girdwood

Other Developments at Girdwood

Housing



New Residents

On Thursday the 25th of February the first of the new homes built on the Girdwood site were opened. The homes at St. James Mews were the first to be officially handed over to residents and the rest of the homes will be handed over in late April or early May. The houses were built by APEX and Newington Housing Association will now take over all future management responsibilities.

Road Works

Road works are almost complete and community workers have been told by DSD officials that pedestrian access from Kinnaird Avenue onto the Girdwood site will be open by March 20th.

Belfast City Council Food Waste: What to do with it?

Almost every household in Belfast is able to recycle their food waste. Research by WRAP (Waste and Resources Action Programme) shows that the average family throws away £680 worth of food each year, or around £13 per week. A lot of this waste can be avoided by buying less, planning meals in advance and checking if supermarket “buy one get one free” offers are really good value for you and your household. These are all very good ways of reducing costs and the amount of food wasted. For more tips on reducing food waste along with recipe suggestions visit www.lovefoodhatewaste.com for more information.

There will always be some food waste in every home from the likes of teabags, bones, eggshells, vegetable peelings and spoiled food. It is what we do with this food waste which is important! Throwing food waste into your general waste means it goes to landfill which causes smells and greenhouse gas emissions which are linked to climate change. Belfast City Council has a “closed lid” policy for general waste bins, by recycling all of your waste helps to avoid overfilled bins which are not collected.

Every household in your area has access to a weekly food waste collection service using your green food waste bin and kitchen caddy. This is collected at the same time as your recycling boxes each week. By recycling your food waste, you are reducing the amount of rubbish in your general waste bin and helping Belfast to reach its recycling targets. Every lorry of food waste is almost £500 cheaper to recycle than sending it to landfill.

Recycling food waste also supports local jobs and the economy. The city’s food waste is sent to a processing facility on the outskirts of Belfast. Here the material is mixed and shredded before being processed in an ‘in vessel’ composting system which produces high quality compost within a period of weeks. The compost is then used around Northern Ireland in parks and gardens.

Recycling food waste is easy to do; it is good for the environment and it creates and supports local jobs. If you do not have a kitchen caddy or green bin you can order them for free by calling the Recycling Helpline on 0800 032 8100 or log onto www.belfastcity.gov.uk/bins and order online. You can also order new or replacement red and black recycling boxes. A reminder of what you can put into each is below:

Your black box is for:

- paper
- plastic bottles, pots, tubs and trays
- food and drinks cans
- aerosols
- aluminium foil (in a separate bag)
- cartons

The red box is for:

- cardboard
- glass bottles and jars
- textiles (in a separate bag)
- batteries (in a separate bag)
- hand tools

The kitchen caddy is for food waste:

- raw and cooked fruit and vegetables
- peelings and cores
- bread, cakes and pastries
- rice, beans and pasta
- teabags and coffee grounds
- cheese
- plate scrapings and any other leftover food

When the kitchen caddy bag is full, tie the top and place it in your green food waste bin.



New Lodge Youth Centre Gives Back

Grow Your Own

Over the past few weeks junior members in New Lodge Youth Centre have been growing their own spring flowers as part of a 'Grow Your Own' community project. The young people decided that they would like to brighten up their community and bring smiles to the faces of senior citizens in the area by presenting them with potted spring flowers. The senior citizens loved their gifts. This is only the beginning for this group so watch out for more amazing stories. Here are just a few pictures of some of the group, well done to all involved.

Trip to Romania

Young people and staff from New Lodge Youth Centre along with staff from Ignition CIC and Homeless Aware travelled to Romania in February to volunteer in an orphanage, with young people with disabilities and with the homeless.

Before travelling the young people, staff and volunteers worked tirelessly to raise the required funding and develop a programme, and the skills needed to deliver it, while in Romania. The group fundraised for the trip through bonus balls, several bag packs in the run up to Christmas and by selling minutes of the match.

Working With The Homeless

In addition to all their fundraising the group have been out on the streets of Belfast working with the homeless. They have been preparing food and distributing it, fundraising to buy hats, gloves and scarves and learning what life is like for people sleeping rough or in hostels. One of the group members, Ciarán Murray, was awarded a Special Recognition Award for confidently displaying compassion and reflection when engaging in Homeless Outreach. At Christmas the group chipped together and brought items to make up two hampers, one for a girl and one for a boy of their age. These were given to two young people living in hostels locally who they knew would not receive Christmas presents.

Disability Project

Currently the group is working with young people from the disability project in the 174 Trust on an inclusion project. They have designed, built and are now delivering the programme which includes sports and arts activities, trips out and a trip to Cliftonville FC. At Christmas the group facilitated a Christmas party for the young people from the 174 Trust. Alongside this the group are undertaking OCNs in peer mentoring and independent travel.

The group is supported by Sean McMullan and Roisin Kelly as well as volunteers from Homeless Aware and staff from Ignition CIC. It's important to acknowledge the commitment of the staff and volunteers in supporting the young people and their commitment to the project and to the community.

Youth Leader Sean Mc Mullan says – "This group of young people have travelled the extra mile and were prepared to push themselves to help others. They have supported Belfast's homeless and those living with various disabilities. Young people often get bad press and this project proves that the youth are prepared to work to make their community a better place. I am looking forward to



seeing the impact the young people will make in Romania and the skills the young people have developed will only benefit the New Lodge community."

Senior Citizens

Back in December a Christmas dinner for local senior citizens was hosted in the youth centre and the senior citizens, on hearing about the group travelling to Romania, chipped together and bought children's clothes to be brought to Romania. This was very unexpected and very humbling. The senior citizens also covered the cost of an extra case for the plane to bring the clothes. We would like to say a special thank you to the senior citizens who donated clothes, baby necessities and paid for cases to transport donations to Romania.

Volunteer Awards

The young people continue to volunteer with the 174 Trust and absolutely love their weekly sessions with the young people there. They are looking forward to more activities and a day away in the near future. Linda Duffy from the 174 Trust presented the group with their 50 hours Millennium Volunteers Award at a special parents event and the group is also currently working towards their OCN level one Introduction to Youth Work while also volunteering in the youth centre with junior members. We would like to thank everyone who supported the young people and staff in their journey so far through their donations.



A donation was presented from the Board of Ashton by CEO Paul Roberts.

Bunscoil Mhic Reachtain - 'Families First' Best School Award



Pictured in the La Mon Hotel:

Caoimhín Ó Daimhín agus Cormac Copeland, Séamas Ó Donnghaile, Helen Mhic Céitinn, Orlaith Uí Dhaibhín, Caoimhe Ní Mhearthaile

Bhronn 'Families First' an duais is mó - An Scoil Is Fearr - le gairid. Is iad na tuismitheoirí a scríobh chucu agus a mhol an scoil go hard. Cuireadh an scoil isteach i dhá chatagóir - An Scoil agus An Múinteoir is Fearr. Bhí muid sa dara háit sa dara comórtas.

Léirigh an duais seo an meas atá ag pobal na scoile orainn as an chúram a thugann muid dár ndaltaí. Tá muid thar bheith bródúil as na páistí a thugann tuismitheoirí dúinn agus as an chomhoibriú a bhíonn againn le chéile. Seo aitheantas iontach don dícheall a dhéanann gach duine anseo do na páistí.

174 Trust Older People Group Dance every Saturday night From 9.00pm to midnight.

Free tea, coffee and biscuits will be provided.

Everyone welcome!

For more information call Anthony on 90 740220 or Margaret on 07790304841
Bring Your Own Bottle (Wine or Beer).

174 Trust has a zero tolerance to the abuse of alcohol and sanctions the Bring Your Own Bottle Policy (only in moderation)

DUNCAIRN CENTRE FOR CULTURE AND ARTS

USHERS ISLAND

- ANDY IRVINE, DONAL LUNNY, PADDY GLACKIN, MICHAEL MCGOLDRICK AND JOHN DOYLE.

Monday the 4th of April 2016.

Doors 7.30pm Tickets £15.00



When we got the offer of this gig we moved heaven and earth to make sure we could do it. We are thrilled to have this amazing line-up of world renowned musicians coming to the Duncairn. It's our first Monday night gig but we know that it's sure to sellout in record time so PLEASE make sure to grab your tickets immediately.

Usher's Island sees the coming together of five of the most influential and acclaimed names in traditional Irish music- Andy Irvine and Donal Lunny, both founding members of Planxty, Paddy Glackin a member of The Bothy Band, Mike McGoldrick member of Lunasa and Capercaillie and John Doyle who played with Solas. Each of course is a talented soloist in their own right but in this new band they offer a blend of old and young and of vocal and instrumental talents.

Tickets on sale now! - <https://dcca.yapsody.com/>

FACEBOOK: <https://www.facebook.com/DCACentre/>

TWITTER: <https://twitter.com/DCCultureArtsNB>



Where to go for help

If you, or someone you know, is in crisis now and need someone to talk to:



0808 808 8000
24/7 phone support for those in crisis



Freephone 116 123
24/7 listening ear to those in distress



028 9074 4447 (in North and West Belfast)
The GP Out of Hours service provides care for urgent problems when your own GP is closed.



028 9080 5850
Freephone 0800 088 6042
Offers a 'no appointment' service for anyone in crisis



028 9075 5070
Provides accessible support services to people who are directly affected by suicide and self-harm



McSweeney Clinic
028 9543 8707 or
Ashton Clinic
028 9022 1022.
Offers a range of services to support people experiencing stress, trauma or anxiety.




0808 168 7771
24/7 face to face crisis support



028 9039 1630
Offers a counselling service

More information on looking after your mental health and the support which is available across Northern Ireland can be found at www.mindingyourhead.info

Adapted from information produced by the HSE Resource Officers for Suicide Prevention, Ireland, and the Suicide Awareness Coordinators for Northern Ireland, with the support of CAWT (Cooperation and Working Together).

New Lodge Youth Centre A Young Person's Experience



Ciaran Murray, aged 16, talks about how he became involved in New Lodge Youth Centre and his other experiences including the Romania Project.

"I have lived in the New Lodge most of my life. I have grown from being an ordinary young person to becoming a young leader in New Lodge Youth Centre after becoming involved in group work and other activities in the Centre.



Before I was introduced to the 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 Centre 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 group activities, my first group 'Irish History'. We travelled to Dublin to learn about the 1916 Easter Rising and also heard from people within our own community who had been affected by the conflict. More and more my confidence grew.

My first big opportunity to travel came through the Youth Centre when I was selected to take part in a cross community international trip to the Swiss Alps along with young people from the Hubb Community Resource Centre, Shore Road. Through this I gained new friends who I never thought I would have met. When I arrived back I started to go to the Centre more and participate in every kind of group or opportunity I could get. My enthusiasm grew and I spoke to my youth worker about an idea I had on raising awareness about homelessness in Belfast. We came up with the idea to do a major sleep out with all youth centres in Belfast as this would certainly catch the eye of the general public. We slept out at the City Hall and it was an amazing experience that gave me a very brief insight in to what life is like for homeless people. The next

project was around challenging people's perception of young people in New Lodge through facilitating a youth event as part of the Greater New Lodge Festival. Myself and my friends organised a football tournament for local youth groups and then a youth music event in North Queen Street Park. This showed me that young people like me can really make a positive impact in their own community.

I then got involved in 'Challenging Stereotypes' group. The stereotypes we were challenging were young people, disability, different races and homelessness. I learnt a lot in this programme and probably more than I have ever learnt in 11 years of education in school. I not only learnt more about stereotypes but also Sean showed me the ropes in youth work as I had began to realise I would like to choose youth work as a career path. I learnt the bulk of this in the build up to the Romania International trip. I realised my development was limitless and I could strive to reach my potential. Every Tuesday night the youth worker had a different session he wanted us to experience. This included homeless outreach where we met Belfast's homeless offering soup, sandwiches, hot drinks and most importantly a little chat about how they were feeling. I got a special recognition at the Homeless Aware Awards in the Houben Centre for my work on homelessness. We also developed a programme on tackling stereotypes based on young people with disabilities learning about how their disability affects them and what their day-to-day life is like. Through this I have achieved an OCN on working with young people with disabilities through the 174 Trust and also my 50 hours Millennium Volunteers Award. I am very pleased to have as it is something which will stick with me throughout my life and also if I choose youth work as a career.

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 in pursuing this. I am now on my OCN level 1 in Youth Work."

Liam Eagle, aged 16, is involved in the North Belfast United Youth Programme. Here he talks about how he became involved in New Lodge Youth Centre and the various projects and opportunities he has enjoyed.

"I started taking part in projects in the Youth Centre in the Summer of 2012 when I was 12 years old. Some of my friends went to the youth centre and I was introduced to the staff team by them. 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 exciting time of my life. I took part in cross community and cross border projects. One of the most interesting projects was with a group from the Killbarrick Youth Project just outside Dublin. Meeting young people from outside the New Lodge area and making friends with them was a new and good experience for me.



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 and the experiences they had in each of the areas. It was amazing to listen to young people from another community who had the same issues growing up as we did. I also joined a cross community football team called Limestone United. I would never have had the chance to take part in projects like these without the youth centre and the staff that work there.

I have gained many life skills in the youth centre and have taken part in many OCNs such as Level 1 in Law and Order, Level 1

OCN Youth Leadership and Level 1 OCN Peer Mentoring. The skills I have developed will help me over the coming years. Without the youth centre I would not have had the opportunity to complete these courses.

I was a member of the Youth Council in North Belfast and worked on projects with Victims Support. I also worked with 'Survivors of the Troubles'. Both projects were cross community and I loved being part of them. This was a totally new experience for me but a great opportunity to learn about other people's lives. Listening to their stories, their hardships and the sad times they experienced taught me to be grateful for what I have and the times that I live in. It also gave me an understanding of what happened during the 'Troubles'. I was also involved in a group developing a Community Safety Card and Logo for Greater New Lodge Safer Streets which was launched at the Youth Centre in 2015.

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. I loved meeting the young people from Holland, telling them about our lives in Belfast and showing them around the city. It was interesting to hear what life is like for them where they live and I hope to visit Holland this summer for the second part of the programme. The project taught me a lot about myself and helped me believe that I can achieve things I didn't think possible.

I have recently joined the North Belfast United Youth Pilot and am currently undertaking a Level 1 Health and Fitness Programme in Flex Fitness Belfast. 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."

New Lodge Housing News Update

Changing Landscape

A lot has been going on in the New Lodge on the housing front and the next year will see a big change in the landscape and demography of the area. Already allocations have been made to residents of the Upper Long Streets redevelopment area to St. James Mews, part of the greater Girdwood complex and by summer much more of these homes will be ready along with twenty six new houses at the site of North Queen Street barracks. Less than twenty families remain in the long street redevelopment area and as you will have seen demolition has already begun. It is hoped to have the entire process completed by August when the site will be secured ready for the rebuild programme to commence.

Upper Long Streets Residents

Some residents of the upper section of the Long Streets have expressed their intention of forming a committee made up of tenants/residents from the area. The purpose would be to ensure a long term commitment to complete renewal of the area as there is a feeling of abandonment now that the lower section has been successful. This is certainly not the case as the aim of the original committee has already been expressed to the Housing Executive and that is total redevelopment.

It must be remembered that some members of the original Long Streets Committee still live in the upper section and are committed to their original goal. If more residents want to get on board, or if it is felt we need to revamp the committee then the New Lodge Housing Forum would be happy to facilitate.

Seven Towers

A lot is happening in the Seven Towers, we are happy to confirm that Eithne House will definitely be the next block to receive the cladding scheme which is proving a complete success in Cuchulainn despite the reservations that were expressed and which held the programme up for so long. Work started on Eithne on 29th February beginning with the balconies being secured and scaffolding erected. We are confident that following the "teething problems" in Cuchulainn this block will be straightforward and completion is expected 28th February 2017.

Also in the blocks a scheme is beginning to replace all hall doors with modern P.V.C. doors, there is a choice of seven colours and also a choice of three styles. You may if you wish have a plain solid door or either a plain or frosted two pane glass model. If you have not made a choice please contact the Housing Office as soon as possible. We are at 23 New Lodge Road on 02890742399.

The new security system for the blocks is imminent and will begin anytime, new and more cameras, personal fob entry and an improved overall system. The project will also bring in smaller blocks with cameras for surveillance, monitored by



Demolition Stratheden Street

the main system. The present system was state of the art many years ago but has now outlived its purpose so residents can look forward to new and improved security.

For the future, the Housing Executive, consulting with the Forum is looking at several heating systems suitable for high rise accommodation.

Vandals Attack Housing Office

Finishing on a more negative note the housing office, your housing office, has been attacked by vandals and not for the first time. The building was daubed with graffiti and individual members verbally abused. It defies understanding why a community outlet, dedicated to helping residents with everyday housing problems and assisting people, including homeless people, to get on the waiting list, should be a target for this type of anti-social behaviour. Those responsible should know that the only ones they are putting out are themselves because our colleagues in the Housing Executive and City Council have assured us that any graffiti will be removed immediately. Nor will we be deterred in any way from doing the best we can to improve the quality of life for all those in our community.

We will continue to use this magazine to keep residents updated on all that is happening in the housing sector and renew our commitment to pushing for improved and safer homes for all those in need.

Liam Wiggins Chairperson New Lodge Housing Forum



New Look For The Flats

Ashton Training & Employment Services

Hundreds Benefit from Support Programmes

As the first year of Training and Employment's new employability programmes draws to a close we thought it would be timely to review some of the projects achievements as well as looking forward to the future. In the 10 months to January Training and Employment has enrolled 934 clients onto programmes (including 26 families onto family support); of these 165 people have already found work, 211 have gained a qualification and a further 249 have progressed onto another positive destination such as further education or training.

Considering how late the projects started we believe that this a considerable achievement and that Year 2 of the new programmes can only get better. Of course statistics only tell a part of the story and therefore we wanted to give the readers an insight into how training and employment can change lives and build communities.

Liam's Story

Liam is 19 he had been in and out of training and temporary jobs without managing to get anything permanent. He came to the Core Project in December and asked for help to build his confidence and employability skills so that he could take part in training and/or get a job. Liam worked with Brian, one of our Core mentors, who helped him build a CV and look for work. Liam was delighted when he quickly got a job in customer relations with First Source. Critical to success in the application was the help Brian gave him to prepare for the application and interview with First Source. Brian coached Liam on the likely questions that would come up in interview and generally helped Liam feel confident to do his best. When reflecting on his time with the Core Project Liam said that the mentoring he received helped him develop his knowledge and confidence. Liam said that it was great that the mentor could talk to him at his own level and understood the problems he faced. One factor that helped motivate Liam was that he had planned a holiday but that money was an issue. Brian helped him budget for the holiday and made him aware of how much better off he would be in work and how could afford to save up for the holiday. We in training and Employment wish Liam all success in the job and hope he enjoys his holiday but not too much! Core is a project for 16-24 year olds who live in North Belfast and are not in employment, education or training. If you would like to get the same



level of service as Liam above please ring 02895609522 or email diarmuid.moore@ashtoncentre.com

LEMIS + Project

In another exciting piece of work our Lemis+ Project teamed up with the Belfast Health Trust to help unemployed people get into jobs at the city's hospitals. The trust held open days and gave a behind the scenes tour of the Royal Victoria Hospital for LEMIS+ clients. Although the Trust could not hold jobs exclusively for us they were able to tell us when they were releasing new jobs in cleaning, portering and ancillary positions. This meant that our clients could get onto their lists before they closed them to new applicants. On the day the jobs were released 88 Lemis+ clients applied for work with the help of Lemis+ mentors. Our Duncairn office opened at 7.00 am to make sure that our clients had a head start and so that clients who needed extra help to fill in the forms had support on site. We are still waiting to hear how many actually got jobs but we expect good results and will continue to work with the Belfast Trust on future hospital jobs. Lemis+ is a citywide employability programme led by Ashton Community Trust. Anyone over the age of 16 who is not in employment, education or training can join the programme and avail of job opportunities like the example above. Ring Arlene 02890742255 arlene.moody@ashtoncentre.com

Lemis+ also has a comprehensive training programme and we were particularly delighted to work closely with clients who wanted a career in childcare. Lemis+ has already run 3 introduction to childcare courses with clients and then organised a follow on level 2 course. Even at this early stage two of the clients have got jobs and we expect many more to go into employment after they have finished at Belfast Met. Jane who took part

in the course said “I enjoyed this course very much. I found it very helpful and learned a lot. There are a lot of things about childcare that you wouldn’t think about for example making sure the equipment was suitable for all the children. The tutor Deirdre was lovely and very helpful. I also met a lot of nice girls.” Lemis+ will be offering training in childcare, ICT, employability and many more work related areas. All of the training is free to clients who are eligible to join the programme. Ring Arlene 02890742255 arlene.moody@ashtoncentre.com



Family Support Programme

The Family Support Programme has been exceptionally busy over the last months helping families with their employability issues. However it was probably one of the simpler activities that had the most impact. On a freezing February day seven families headed onto the beach at the Lough Shore Park to take part in the great family support scavenger hunt. The kids and their parents had to complete a series of tasks such as find a shell, find some seaweed and collect a handful of sand. Afterwards the children played in the kid’s play park and all enjoyed a picnic on the beach. Although it seems like a very simple idea this type of event has a very important function in the project. Many of the families who come onto the programme say that they have problems with their confidence, face isolation and find it impossible to even think about finding work. Trips like the one to the beach help build confidence, improve family relationships and allow the families to make new friendships. We can already see the impact from a place where some of the parents could hardly leave their homes some are now working or are back in full time education. It’s amazing what you can find on a beach! Community Family Support is currently recruiting for a new programme to start in April. To qualify for the programme the family must live in north Belfast and have a member of the family aged 16-24

and not in employment, education or training. Contact Jeanette if you are interested 02890609522 jeanette.burns@ashtoncentre.com

Participant Led

We believe that the stories above illustrate the great work being carried out in our training and employment service but we are also pleased to tell the readers that it is not just us who think we are doing good work. We have been inspected twice in the last few months by two independent bodies the Matrix Quality Standard and the Education and Training Inspectorate ETI. Both gave a very positive report and ETI highlighted “the supportive project team which demonstrates high levels of commitment to the delivery of “participant led” provision, that includes assisting the clients to overcome a diverse range of barriers which prevents them accessing relevant training and employment.”

If you want to find out more about what training and employment have to offer ring any of the numbers above and we would be happy to help. You can also find latest news including training courses and job opportunities on our Facebook page www.facebook.com/AshtonEmploymentServices




Free training available from the CORE programme

NEW SKILLS

↓

TRAINING

↓

<p>ICT</p> <p>This will include:</p> <ul style="list-style-type: none"> • Web Design • Word Processing • Databases • Spreadsheets 	<p>DESIGN</p> <p>This will include:</p> <ul style="list-style-type: none"> • Using computer software to design your idea • Knowledge on designing 3D drawings • 3D printers to bring your idea to life 	<p>CHILDCARE</p> <p>This will include:</p> <ul style="list-style-type: none"> • Childcare development • Develop language and communication • Role in early years • Protection and safeguarding 	<p>CONSTRUCTION</p> <p>This will include:</p> <ul style="list-style-type: none"> • CSR Card • Working at heights • Abrasive wheels • Health & Safety in the workplace • Forklift license
<p>Health & Social Care</p> <p>This will include:</p> <ul style="list-style-type: none"> • HSC Awareness • Roles of a HSC Worker • Safeguarding within HSC • Person Centred Approach • Communication in the workplace 	<p>Sports Leadership</p> <p>This will include:</p> <ul style="list-style-type: none"> • Plan a sports activity • Develop leadership skills • Promoting a healthy lifestyle • Promote fair play in sport • Understand the role of the official 	<div style="background-color: #4CAF50; color: white; padding: 10px; border-radius: 5px;"> <p style="font-size: 1.2em; margin: 0;">And many more...</p> <p style="margin: 0;">High street vouchers available on completion of courses</p> </div>	

Courses available for those aged 16 to 24, not in education, employment or training and living in North Belfast

Contact Betty for more information on 95 60 95 22 or betty.murray@ashtoncentre.com

This project is part funded through the Northern Ireland European Social Fund Programme 2014-2020 and the Department of Employment and Learning.




www.facebook.com/AshtonEmploymentServices

Serious Parking Problems at Thorndale, Duncairn and Kinnaird



Local residents living beside the new Girdwood development in Thorndale, Duncairn and Kinnaird have voiced their growing concerns about accessibility and car parking issues in the area. The level of parking taking place, some of which is illegal is now regarded as at crisis point. Access for residents is becoming increasingly difficult and emergency service and waste disposal vehicles are experiencing persistent, serious difficulties getting into the area. In one instance an elderly resident wasn't able to receive heating oil for a four day period because the supply vehicle was unable to gain access to her home. Rubbish disposal has also proven problematic leading to disruption of the collection schedule and concerns about a build up of waste leading to health and safety problems.

A meeting involving residents, statutory agencies, community workers and local Sinn Fein Councillor JJ Magee took place on Wednesday 24th of February in the Duncairn Culture and Arts Centre. The issue has also been raised at meetings of Girdwood Community Forum where it was requested that DSD and Belfast City Council who are responsible for the Girdwood development and Transport NI which takes responsibility for most parking issues should get more closely involved in providing a solution to this problem. This would include not only exploring car parking solutions but how to better manage traffic flow systems. With the development of the new Girdwood site and an expected increase in visitors to the area there are fears that the parking situation could worsen further. Additional meetings are planned and Thorndale, Duncairn and Kinnaird Residents Group has expressed its determination to get this problem sorted out once and for all.

**Looking for work?
Need qualifications?
Want to learn new skills?**

Sign up to our
ITQ Word Processing Course

6 Week Course

Topics covered:

- Introduction to word processing
- Editing documents
- Formatting documents
- Document storage
- Check and print documents

Belfast Works
LEMIS Project






New Lodge Arts Junior Dancers Get Awards!



New Lodge Arts Junior Dancers have recently been presented with awards accredited by UKA Dance (a recognised awarding body across UK & Ireland). We organised evenings where parents and families were invited along to watch their children perform & receive their certificates & medals. A total of 35 young people aged 3-9 years old have completed their dance exams in Hip Hop & Ballet, before Christmas last year. The young people worked hard in their weekly classes and rehearsals for these exams. We are delighted to announce that their hard work paid off all young people passed their exams and now have official, recognised qualifications. Well done to all our young people and everyone involved, you are a credit to your communities & families. Hopefully there will be an opportunity for all our new and existing dancers who didn't complete their exams, to do so in the future.



Motivational & Personal Development Training

Let the Lemis+ Project help you

For more information contact a mentor at the Ashton Centre on: 02890 742 255








Busy Times at Ashton FabLab

It has been a busy time in FabLab. We have many new projects that are currently being undertaken and as such have welcomed three new members to the team to assist with our project delivery. We are proud that these new members have been people who have excelled in previous FabLab events and we know that they will help us to continue our programme to a very high standard.

Dublin Mick

In December 2015, working with the United Youth Programme, seven young people came to FabLab and designed a bench for Rosemount House, the bench was dedicated to the memory of "Dublin Mick" who sadly passed away last year. We look forward to inviting the participants back to FabLab where they will undertake their level one qualification in Digital Fabrication.



Dublin Mick Bench

Ex-Prisoners

After the Christmas break the Fablab was straight back into action working with Burren House with Start 360 on a unique programme. For this programme ex prisoners came to Fablab for one week and got the opportunity to use the equipment to make a wide variety of personalised projects, at the same time obtaining their Level One in Digital Fabrication. The staff team thoroughly enjoyed working with the participants and are look forward to more of these workshops in the coming months.

Urban Village

One of the many exciting projects that Fablab is working on at the minute is the Urban Village project, in conjunction with the Strategic Investment Board. For this project FabLab will be delivering workshops to participants across the four Urban Village areas of Belfast. Look out for us at the various locations and come and say hello.

Science Festival

Working in conjunction with the NI Science Festival FabLab delivered workshops in 2D and 3D design. Such was the popularity of these events that we FabLab had



Young People Enjoy Festival

to host more workshops than originally intended. These workshops were fully booked and all of the attendees got to experience the process of 2D and 3D design and how we relate this in FabLab to make almost any product.

Artist in Residence

We are pleased to announce that our artist in residence Kerrie Hanna has been awarded a grant from the Princes Trust to buy her own digital fabrication equipment so that she can continue to explore how digital technology can be applied to many fields including the arts.

Future Work

Future work will see FabLab exhibiting at various locations across Belfast including St Georges Markets for the Generation Innovation event and the Belfast Festival of Learning and also at the new Girdwood Community Hub on Thursday 10th March.

Future events in FabLab will be the Family Funday as part of the Festival of Learning in Fablab on Saturday 12th March and the Imagine Festival on Tuesday 15th March.

To find out more about FabLab or to participate in FabLab activities contact the lab on 02890 755412 to book a place or email Paddy at Patrick.ohare@ashtoncentre.com

The Fablab is a project of Ashton Community Trust.



All Systems Go In The FabLab

Greater New Lodge Safer Streets Committee

Addressing issues of safety and creating security in communities is much easier said than done. One thing is fairly clear however, if communities are to have confidence in the justice system it must be seen to work with and for the people rather than work against them. Therefore working with other agencies to build accountable systems that genuinely work for local people is one of the main aims 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 an entirely voluntary basis. The Committee is open to all and welcomes volunteers. The work of the Committee has included direct engagement including meetings, private and public with local residents, various statutory agencies and elected representatives around a variety of community safety concerns. Many of these engagements have led to resolutions to identified problems including directly linking people into support services and also providing physical security and design improvements at different locations in the neighbourhood.

A more recent example of this relates to problems that have developed in the Thomas St/Lancaster Street area. Numerous complaints were received about open drug dealing and drug use taking place in the locality. Children going to the local Bunscoil were also having to pass by a spot where syringes and other drug paraphernalia was being left lying around. As a result hedging and shrubbery that was providing a hiding spot where the drug users were sheltering was removed. In addition meetings have been organised enabling residents to have direct contact with all

relevant statutory agencies. The area is now being treated as a hotspot and multi-agency processes have now been put in place to try to eradicate the source of the problem. The Safer Streets Committee will keep this under review until satisfactory solutions are found.

So if you are a resident that is suffering from anti-social behaviour or crime please get in touch. And remember if you don't tell us about your problems then we can't help!

Greater New Lodge Safer Streets Committee

Greater New Lodge Safer Streets Committee

If you are the victim or the witness of crime, drug dealing or anti social behaviour you can contact the number below. If no one is there to answer always leave a message on the voice mail.

Remember If You Don't Report Then We Can't Help You. Do Not Suffer In Silence
Greater New Lodge Safer Streets Committee - 0756 493 8276



Another community number you can ring is, **Community Restorative Justice Ireland (CRJI) - 028 90 753043**

If possible provide the following details;

- Your name and contact number (If you feel comfortable doing so)
- The nature and location of the offence
- The date and time of the offence
- The name/details of the offender (If known)

ECDL European Computer Driving Licence

Live in Belfast? Looking for work? Need qualifications?

Why not sign up for our **ECDL Essentials Course**
 12 Week Course

Modules include:
 IT user fundamentals
 Using Email and the Internet
 Security for IT users

For more information contact a Mentor at the Ashton Centre on: **028 9074 2255**

The Centre is part funded by the Northern Ireland European Social Fund 2014 - 2020 Investment for Growth and Jobs Programme.

facebook.com/ashtoncommunitytrust

Ashton Community Trust has a Like Page on Facebook, where we will post information on a regular basis about all of the Trust's services, please like the page to be kept updated.

LIKE US ON FACEBOOK

Belfast Works
LEMIS+ Project

EMPLOYABILITY COURSE
LEVEL 1 OCN QUALIFICATION

Get ahead - get a job!

Contact your LEMIS+ Mentor for more information on: 02890 742 255

The LEMIS+ Project is part funded through the Northern Ireland European Social Fund Programme 2014 - 2020 and the Department for Employment and Learning

Essential Skills
Training & Employment Services
Ashton Centre

Attention All Parents!

Do you want to help your children with homework?
Do you need to update your reading, writing and maths skills?

Essential Skills are the necessary skills for everyday life and employment
Employers will look for qualifications in the Essential Skills – English, Maths & ICT
The Ashton Centre offers **FREE** courses in English, Maths & ICT
Classes are available at Entry Level up to Level 2 (equivalent to Grade C at GCSE)

For more information contact:
Hilary Tel: 028 9032 2289 or email: hilary.adair@ashtoncentre.com

North Belfast
Social Enterprise **hub**

Business Clinic's

Make an appointment on:
028 95 609 521, 028 95 609 522 or via email: nbsehub@ashtoncentre.com or just drop into the HUB at 52 York Street, Belfast BT15 1AS

Visit our Facebook page:
www.facebook.com/NorthBelfastSEHUB

Northern Ireland Executive
www.northernireland.gov.uk
DELIVERING SOCIAL CHANGE

"This project is funded by the Northern Ireland Executive's Delivering Social Change fund."

SPRING AWAKENING EVENT

Saturday 26th March 2016
12pm-4pm

Alexandra Park, Antrim Road, Belfast
FREE Entry

Spring Awakening is an event filled with fun for all the family with an Easter Hunt, Music, Dance, Games, Street Theatre, Sport and much more.

Contact New Lodge Arts on 028 90742255 or facebook.com/nlarts for more information.

Tar Isteach Update

Needs Analysis

Arising out of research done in 2015 Tar Isteach is currently undertaking an engagement with former politically motivated prisoners and their families. This is part of a new project aimed at better understanding and addressing the specific issues faced by those who for one reason or another find themselves marginalised or isolated within local communities. It is known that personal and financial difficulties for former prisoners continue to worsen as they get older and that they are:

- More likely to live alone
- Claim sickness and incapacity benefit
- Be unemployed
- Be in poor health
- Struggle with physical and emotional problems
- Exhibit the stresses and symptoms of trauma and mental health issues
- Feel nervous, anxious and 'on edge'
- Take medication for anxiety, depression and sleep difficulties
- Experience ongoing physical pain conditions
- Have concerns around alcohol intake
- Have problems processing stressful life events

Former prisoners are in no doubt that these difficulties are directly linked to conflict-related imprisonment and are exacerbated by the fact that government and government agencies have not delivered on commitments made in the Good Friday Agreement. This project aims to survey marginalised and socially isolated former prisoners with the aim of developing programmes and activities

to increase their quality of life and meaningful social involvement. Tar Isteach, as it always has done, will provide ongoing counselling support for the ex-prisoner community and anyone within local communities wishing to avail of this service.



If you know someone or

are related to someone who you think we should contact about the research or any issue affecting them at all, then contact Tommy Quigley or Joe Barnes at Tar Isteach 02890746664.

Services

Despite serious funding cuts the vital services of Tar Isteach are still functioning. This includes full time Welfare Rights and Counselling and Emotional Support provision, the youth group continues to meet and a training and employment referral scheme is also in operation from our offices. The organisation also continues to lobby and campaign against ongoing criminalisation and discrimination against political ex-prisoners.

Tar Isteach management and staff are constantly working to secure resources in order to re-establish and sustain all services and return them to their full capacity and will update the community on any developments. We would once again wish to thank the wider community for their continuing support and encouragement. If you would like more information contact Tar Isteach at;

244 Antrim Road Belfast - Phone 90 746664 or 90 746665



Kinderkids Daycare: High Quality Childcare, Local & Professional

Kinderkids Daycare is a department of Ashton Community Trust that was established in 2000 as a social enterprise. Since then, Kinderkids has expanded in response to local need and now operates three childcare centres in North Belfast from Carlisle Circus to the Cliftonville Road. This long history of providing high quality childcare services means we understand that choosing the right childcare for your child is one of the most important decisions you will ever make. Kinderkids wants to support you in making this decision and invite you to visit us at any of our childcare centres.



The aim of Kinderkids Daycare is:

To provide high quality childcare services to children, thereby supporting their development and improving parent's access to education, training, employment and family support services.

Kinderkids operates 50 weeks per year from 8am - 6pm and caters for children from birth to 12 years.



Play & Early Learning

Kinderkids understands that play is paramount to a child, has a purpose and is a step towards the learning and understanding of valuable skills.

At Kinderkids Daycare we implement the Early Years Foundation Stage (EYFS) for children aged 0 to 5. The EYFS ensures that children are supported in their learning and development. The EYFS comprises of four main themes;

- **A Unique Child**
- **Positive Relationships**
- **Enabling Environments**
- **Learning & Development**

For more information, contact us at:

Kinderkids Ashton Centre - Manager: Wenda McNeill
Telephone: 028 90742255 Email: wenda.mcneill@ashtoncentre.com

Kinderkids Cliftonville - Manager: Fionnuala Black
Telephone: 028 90 749146 Email: fionnuala.black@ashtoncentre.com

Kinderkids McSweeney Centre - Manager: Sharon Rooney
Telephone: 028 90 333966 Email: sharon.rooney@ashtoncentre.com

Or call into any of our 3 Daycares



Bridge of Hope: Counselling and Life Coaching Services

Bridge of Hope, a department of Ashton Community Trust, is best known for its complementary therapies. It is a wonderful form of relaxation that thousands of local people have benefitted from since we opened in 2001. In 2007 we realised that we needed to encourage people to take further positive steps and so we began to offer life coaching services. Getting motivated can be a challenge for everyone, but with an experienced and qualified life coach your aspirations are identified and life goals are marked out by setting achievable and realistic milestones. These confidence boosting sessions of goal setting can help you achieve remarkable changes in your life. You can access this free service if you have been affected by the conflict, either psychologically or physically. It is also available if you speak to your GP.

Bridge of Hope began offering counselling services in 2014 as part of our work supporting victims and survivors of the conflict. Since then demand for this service has grown dramatically. You can easily access this service by ringing our clinics or by asking your GP or health care worker to



refer you into us.

Our local clinics operate from the Ashton Centre and McSweeney Centre. We also deliver services in outreach locations right across the city of Belfast. If you would like to take steps to better health and wellbeing phone then talk to the team on: 028 9022 1022 (Ashton Clinic) or 028 9543 8707 (McSweeney Clinic). You can read lots more about Bridge of Hope by checking us out on Facebook or logging onto our website www.thebridgeofhope.org

Shared Reading at Duncairn Culture and Arts Centre

Stories @ the Duncairn is a volunteer-led, community literature project based in the Duncairn Centre for Culture & Arts (174 Trust) on the Antrim Rd.

It is celebrating the 2nd anniversary of its Shared Reading project this month. We are about reading for pleasure, each week taking a short story and poem and reading it aloud. People who love books love this! But equally, someone who's never been into reading or 'got' poetry discovers this is a great way to connect with great writing - and with other people.

Our Shared Reading groups are social, fun, and APPRECIATED by participants. Last year we reached groups of local people, primary school dads and children, older people in care and with dementia, and young people and adults with learning difficulties or disabilities.

"I loved every story and every week was like a new adventure... The enthusiasm in the work that both ladies showed was contagious. I would recommend it to everyone. I would love to get involved again." Parent, Holy Cross Boys P.S., June 2015

Drop-in Shared Reading Group

Free, open to all

Every Monday, from 2.00 – 3.00 pm.

For Babies and Toddlers

Story Time for Little Ones

Tuesdays, 10 – 11 am

An hour of fun with books for parents and their babies & toddlers.

Grandparents welcome too!

For Teenagers

Write Club, with Fighting Words Belfast

Free after-schools creative writing club

Wednesdays, 4 – 6 pm



Get in touch if you would like a Shared Reading 'taster' for your group or would like to be involved!

Find us on Facebook or contact Marnie or Úna on 9074 7114 for more information.

Queens Study Visit to New Lodge

Masters Degree students from Queens University studying a module called 'Planning in Contested Space' visited the Ashton Centre on Tuesday the 23rd of February. During their visit they were taken on a tour of the New Lodge to explore how past conflict had impacted on the local community. Lisa Copeland Lecturer with Queens University's School of Planning, Architecture and Civil Engineering said, "Each year we take our Masters Students on a trip around the city looking at issues relating to the conflict and the role of planning/urban regeneration in either helping or hindering reconciliation.

This year we are looking at the role of memory/remembrance and did a tour around parts of west and north Belfast to see memorial gardens, murals etc. This kind of on the ground contact is very important in giving our students a direct insight into the issues involved. I would like to thank the Ashton Community Trust for facilitating this site visit".



World Book Day



Children from Kinderkids Daycare (Ashton Community Trust) enjoying a day out at the Duncairn Culture & Arts Centre with the Shared Reading Project. The event was organised to celebrate World Book Day.

New Lodge Arts Awarded the John Savage Trophy

New Lodge Arts were delighted to attend the Rotary Belfast Event in the Europa Hotel on Monday 15th February 2016 and were awarded the John A Savage Memorial Trophy and Bursary for their commitment to supporting young people in North Belfast.

The John A Savage Memorial Trophy and Bursary is awarded by the Club annually to the individual or group selected as giving great service to the Community. Inaugurated in 2009 the Cup has been specially refurbished and created in memory of former member the late John Savage.

John Savage was a Club member who died nearly 20 years ago. He carried out exceptional work on the Youth Committee for NI and had a great passion for young people and encouraging them into leadership and scouting. Walter Rader gave a thoughtful introduction about John's life and his belief in supporting and nurturing young people. He added that New Lodge Arts were a fantastic organisation detailing their passion for developing young people in north Belfast.

President Ronnie Porter presented the Cup and £200 Bursary to Katrina Newell, Head of Arts and Youth Development along with Geraldine Wilkins, Chair of the Board, and Anne Delaney, Arts Programme and Operations Manager who expressed their thanks.





Current Childcare Vacancies

Kinderkids aims to provide the highest quality childcare in an environment that is fun, exciting, nurturing and caring.

Features of the Childcare Service include

- Fully Registered with Belfast Health & Social Care Trust
- Social Economy Project
- High Quality Play and Learning environment
- Implementation of the Early Years Foundation Stage Curriculum
- Quality Assured
- Competitive Rates

Current Full & Part-time Childcare vacancies. Telephone to arrange a visit or to register a place for your child.

FOR FURTHER INFORMATION CONTACT Christine McKeown at the Ashton Centre on 90742255 or via email christine@ashtoncentre.com


Ashton Community Trust

High quality Daycare and After school services in North Belfast









O'Neill & Allsopp Memorial Flute Band

New Lodge, Belfast

Now Open For New Members



Are you interested in joining a Republican flute band?
No experience necessary. All tuition & instruments will be provided.
If you would like to know more, visit us on Facebook.

We practice every Thursday night in the Recy (North Queen Street Community Centre), New Lodge 7pm-9pm
Call in and have a chat or contact us on 079 122 746 47



New Lodge Street Games Project

A programme called 'Street Games' has been ongoing in the New Lodge since last summer. Joe Donnelly, Mental Fitness Officer with New Lodge based TAMHI organisation coordinated the programme. The Street Games initiative was conducted in cooperation with New Lodge Youth Centre, Star Neighbourhood Centre and Belfast Sports Development Network. Street Games is a UK wide network consisting of 600 organisations that deliver 'Doorstep Sport'; which means sports activity provided at the right place, at the right time and for the right cost. In various cities it is largely targeted at young people in disadvantaged areas who might be hard to reach or to engage.

Katrina Newell, Head of Arts and Youth Development with Ashton Community Trust said, "It should be remembered that we have a very high number of young people living in an area that is densely populated and which ranks high in terms of social disadvantage and deprivation. As a result many of our young people can often find themselves in vulnerable situations and under various pressures. It is therefore hugely important that we continue to explore every avenue including sport to improve their life opportunities.



In the New Lodge programme 20 local volunteer/peer leaders aged between 16 and 18 years of age took part in planning workshops so as they could be trained as facilitators. During the programme a variety of sports activities were organised and 423 young people participated. Of these 78% were male and 22% female.

It is also crucial that we continually analyse the impact of everything that we do in youth development terms to ensure it is positively contributing to the real life issues of our young people. I would like to thank everyone involved in participating in and in organising this programme. In particular I would like to commend Joe Donnelly for his leadership, expertise, energy and dedication".

Joe Donnelly said, "The main idea is to improve the lives both mentally and physically of young people through sport. It is also about promoting positive messages and making the young people feel better about themselves and their local community. The project, in a fun but very practical way, also contributed to the building of knowledge, skills and self esteem. To assess the impact of the programme we conducted an evaluation survey with a sample group of participants. The findings were very interesting and provide us with important information that we can build upon".

The Streets Games Programme was carried out on a pilot basis and was part funded by Sport NI. TAMHI in partnership with Ashton Community Trust is now exploring possibilities for the future continuation of the programme. The programme evaluation and findings can be accessed at <https://tamhi.btck.co.uk>
TAMHI –stands for Tackling Awareness on Mental Health Issues.

The evaluation focussed on a number of life quality issues. In terms of things such as life satisfaction, self esteem, emotional health, satisfaction with friends and family the findings showed high levels of well being. However lower satisfaction was reported in other areas such as resilience and satisfaction with life in the local community.



Bridge of Hope Hosts Protect Life Meeting



Photo Courtesy Of Belfast Media Group

Irene Sherry (Bridge of Hope) with community practitioners and Health Committee representatives

A delegation of community groups representing the North & West Belfast Protect Life Implementation Group and South & East Communities of Interest met with members of the Stormont Health Committee (Wednesday Feb 24, 2016). Chair of the Health Committee Foyle MLA Maeve McLaughlin and West Belfast MLA Rosie McCorley met with the groups at Bridge of Hope, a department of Ashton Community Trust, to discuss issues around suicide in Belfast. At the meeting a range of issues were discussed including the setting up a strategic cross departmental working group. The follow-up meeting with health officials follows on from a high profile awareness event last month where 55 hearts were placed on the steps of Stormont to

represent the loss of life to suicide in Belfast in 2015. The community organised event attracted major cross party support and saw politicians from Sinn Fein, SDLP, DUP, UUP, Alliance and NI21 show their support. Irene Sherry described the meeting as a very positive engagement. Pictured above are: Philip McTaggart (MindSkills), Gerard Rice (LORAG), Stephen Barr (Start360), West Belfast MLA Rosie McCorley, Claire Curran (Survivors of Suicide), Foyle MLA Maeve McLaughlin, Irene Sherry (Bridge of Hope), Jo Murphy (Lighthouse), Margaret Lismore (West Belfast Suicide Support Awareness Group) and Brian Maguire (PIPS Charity).

PIPS Charity

PIPS Charity delivers Suicide Prevention and Bereavement Support Services, Counselling and Therapies across Belfast and throughout Northern Ireland.

The organisation began, and very much remains, a community led organisation with a strong grass roots led ethos to suicide prevention and self-harm.

PIPS provide support to individuals who are considering, or who have at some point considered, ending their own lives. The charity supports families (either at home or at the premises on the Antrim Road in Belfast) who have lost someone to suicide. PIPS have a small dedicated team of paid staff and volunteers supporting those in need operating a 'no appointment' service. The Charity provides immediate support without delay whilst providing a gateway and referral mechanism to a range of other specialist services in addition to facilitating family peer support groups.

PIPS offer a range of high quality services which include:

- Counselling
- Alternative Therapies
- Crisis Support
- Befriending
- OCN Accredited Training
- Outreach counselling for over 65's
- Family support group

Opening hours:

Monday 9am-9pm
 Tuesday 9am-5pm
 Wednesday 9am-9pm
 Thursday 9am-5pm
 Friday 9am-9pm
 Saturday 2pm-6pm
 Sunday 2pm-6pm

If you would like any further information on our service, please feel free to contact us at:

0800 088 6042
 028 90 805 850
 281 Antrim Road, Belfast, BT15 2HE
www.pipscharity.com
info@pipscharity.com

North Belfast United Youth Pilot

For the last few months participants on the North Belfast United Youth Pilot have been involved in a variety of group work sessions, activities, residentials, training and volunteering opportunities.

Group work

Participants have explored various topics throughout the programme with the Youth Outreach Mentors and External Facilitators around mental health, conflict, refugees and migration, first aid and art workshops. Good relations has been an ongoing theme throughout the programme and participants have been learning about their own and others cultures and local history through talks, visits to museums and historical sites and tours of their local areas.

We will be using this work as the basis for our International Visit to Berlin and Hamburg next month where participants will explore how a society can come from being one of conflict and segregation to flourish into a thriving city and relate this to the life in Northern Ireland. We hope to use our trip to Hamburg and Berlin as an inspiration to continue to build an all inclusive society.

As part of the preparation for Berlin the young people on the programme came together for two team building days followed by a residential experience to East Coast Adventure Centre. There they challenged themselves to take part in activities and group work. The groups also enjoyed a residential in Hillyard House, Castlewellan.



Skiing In The Alps

A number of young people from New Lodge and Greater North Belfast took part in a week long cultural exchange programme to Switzerland. The group met other young people from Switzerland, Palestine and Israel. Throughout the week the group took part in many activities in the mountains. This included snow hikes in the Alps, ski experience and igloo building. The young people cooked traditional Irish food and delivered a presentation about where they come from and what they feel represents them culturally. The young people carried themselves with pride, they are a credit to their community and their parents.

Training

Throughout the programme participants enjoyed a wide range of training with two of the groups almost completing their OCN Level 2 qualification in Vocational Skills. This aims to build the communication and teamwork skills of the young people while also increasing their employability prospects. Other groups

are completing an OCN Level 1 in Digital Fabrication with the FABLAB due to be completed in March.

The participants have also had the opportunity to explore their own individual training and personal development needs, many of whom have either completed training, are currently engaging in training or are due to start within the next few weeks. Some of this training includes: a six week transformation programme with Flex Fitness Gym gaining an OCN Level 2 in Working Effectively and Safely in a Gym Environment, First Aid, IFA Coaching Badges, Fitness Instruction, Youth Work and Peer Mentoring. Some participants are also undertaking driving courses. The young people are not the only ones who have been busy training as staff on the programme have completed training in the areas of self harm and suicide, Mental Health First Aid, First Aid at Work, Mentoring in Practice, Designated Officer Training and Applied Suicide Intervention Skills Training.

Citizenship

For the past few weeks some of the young people have been



bracing the cold in the evenings doing outreach work in Belfast City Centre making soups, teas and coffee's for those who find themselves less fortunate and homeless. The young people also made a bench with the FABLAB to donate to 'local legend' Dublin Mick which is now situated in the memorial garden for Dublin Mick in Rosemount House. Residents of Rosemount House were extremely grateful and touched by the work of the young people and also shared their heartfelt stories with them which the young people were humbled by. Over the Christmas period some of the young people also made up hampers and delivered them to local pensioners.

Volunteering

Volunteering has been an amazing success for many of the young people who are thoroughly enjoying the experience in a range of settings from St John's Ambulance to local football teams and various youth centres across North Belfast.

Two of the young people also volunteered at Rosemount House on Christmas day helping with Christmas dinners and chatting to residents whilst others volunteered in New Lodge Youth Centre helping out with the pensioners Christmas dinner. Staff involved on the United Youth Programme have seen tremendous growth, achievement and success in the young people on the programme and are very proud of what they have achieved so far.

Ashton Community Trust is the lead partner in North Belfast United Youth Programme.

ASHTON 'serving North Belfast for over 25 years'

Ashton Community Trust is an award winning regeneration charity that has been delivering services in North Belfast for over 25 years. It employs over 160 people delivering a wide range of services. The Trust has a number of departments who have an online presence, please visit their websites, like their pages on Facebook or follow them on Twitter to be kept up to date on activities of Ashton Community Trust. Ashton's service delivery outputs are an important element in community and social development in North Belfast. In each of our service delivery areas we are constantly working to improve and grow the services we provide. Below is a brief summary of some of our key services.



Facebook: <https://www.facebook.com/ashtoncommunitytrust>

Website: <http://www.ashtoncentre.com/>

Main Ashton contact number: 028 90 74 22 55

Bridge of Hope is a community based health and emotional wellbeing service that works with individuals, families and communities affected by the conflict. Our services include complementary therapies, life coaching, psychological therapies including trauma counselling, personal and professional development, legacy and conflict analysis, as well as accredited VTCT training. We take a person centred approach to all of the work we do. You can easily access support by self-referring or by asking your GP or health care worker to refer you into us. Our local clinics operate from the Ashton Centre and McSweeney Centre. We also deliver services in outreach locations right across the city of Belfast.



BRIDGE OF HOPE

If you would like to take steps to better health and wellbeing please phone and talk to the team on: 028 9022 1022 or 028 9543 8707. You can read lots more about Bridge of Hope by checking us out on Facebook or logging onto our website.

Facebook: <https://www.facebook.com/bridgeofhope.org>

Website: <http://www.thebridgeofhope.org/>

New Lodge Youth Centre

In 2012 the management of the Youth Centre in Upper Meadow Street, locally known as the Grey Gables, was officially handed over by the Belfast Education and Library Board to the Ashton Community Trust (ACT). The decision by ACT to take over management was based on the need to improve usage by local young people, increase programme delivery and maximise the overall potential. Some of the services provided include creative thinking skills, drama, arts and crafts, issue-based group work, cultural awareness, community relations, healthy lifestyles, positive behaviour and the 'Mind Your Mate' and 'Amazing Buddies' programmes. For further information contact 9075 1358



Facebook: <https://www.facebook.com/NewLodgeYouthCentre>

Website: <http://www.ashtoncentre.com/youthcentre.php>

North Belfast Social Enterprise Hub is a pilot signature project of the Northern Ireland Executive through their Delivering Social Change Fund.



This project is based at 52 York Street, opening Monday to Friday 9.00 am to 5.00 pm. Within the Hub we are offering facilities such as hot desking, information library, conference/training facilities and market research. The Hub activity will range from best practice visits, ideas generation, business clinics, peer to peer matching, mentoring support to help produce business planning, marketing, legal structures and training on topics such as finance, governance, human resources all of which are tailored to your needs.

The Hub is a great opportunity for the community sector to demonstrate the benefits of social enterprises, help to increase economic growth and provide a clear insight for government into the benefits and potential for further developing the social-enterprise sector going forward.

If you wish to contact us please call 95609521 or 95609522 or email nbseh@ashtoncentre.com

Facebook: <https://www.facebook.com/NorthBelfastSEHUB>

Twitter: <https://twitter.com/NBSEH>

Website: <http://www.ashtoncentre.com/hub.php>

FabLab (Digital Fabrication Laboratory) is halfway between a laboratory and a workshop it's a place



FABLAB

BELFAST

where you can make (almost) anything, where both small children and inventors can turn an idea into reality. We can make products out of wood, acrylic, composite moulds, silicon, cardboard, sheet aluminium, plastics, copper foil and vinyl using various technological methods. FabLab works with young people, students, community and voluntary organisations, arts groups and individuals, schools, universities and businesses helping people to develop their creativity, skills and life opportunities. For further information contact: 9075 5412

Facebook: <https://www.facebook.com/fablab.nervecentre>

Twitter: <https://twitter.com/FabLabNI>

Website: <http://www.fablabni.com/>

The **Employment & Training Service** has a 20 year track record of delivering training and employability initiatives to unemployed people in North Belfast. Unemployed clients get one to one mentoring, access to high quality training and help identifying and applying for work. The organisation has developed strong links with local community groups, schools and employers and operates from over 20 outreach centres across North Belfast to ensure that all sections of the community have access. For further information contact 9074 2255

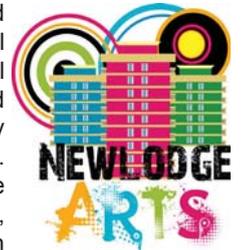


Ashton Community Trust
Employment & Training Services

Facebook: <https://www.facebook.com/AshtonEmploymentServices>

Website: <http://www.ashtoncentre.com/employment&training.php>

New Lodge Arts provides an exciting and packed programme for young people of all ages in dance, drama, film-making, carnival arts, visual arts, volunteer development and youth leadership. We work with approximately 2000 children and young people each year. Our key aim is to make the Arts accessible to all in our communities regardless of age, gender or background. For further information contact 90742255



Facebook: <https://www.facebook.com/nlarts?fref=ts>

Twitter: <https://twitter.com/newlodgears>

Website: <http://www.newlodgears.com/>

Kinderkids Daycare was established as a social enterprise by Ashton Community Trust in 2000.



Since then, the daycares have expanded in response to demand and now operate three daycare centres in North Belfast. Kinderkids provides childcare services to over 250 children aged from birth -12 years. Each daycare is committed to providing high quality, day care and after schools services to children, thereby supporting their development and improving parents' access to education, training, employment and support services.

Kinderkids believes that learning begins at birth and has a profound effect on lifelong development and adult wellbeing. They acknowledge that quality child care promotes healthy child development at the same time as it supports families, reduces child poverty, advances equality, and deepens social inclusion. For further information contact 9074 2255

Website: <http://www.ashtoncentre.com/kinderkids.php>

The community magazine is produced by Ashton Community Trust with support from Belfast City Council

