

Greater New Lodge Community Magazine



March 2015

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

Ashton Community Trust



Wins Prestigious Excellence Award

Ashton Community Trust Staff with CEO Paul Roberts

Ashton Community Trust has won another top best practice award.

Recognised for its hard work and systems of best practice as a social enterprise Ashton was awarded an 'Excellence 5 Star' accolade by the European Framework for Business Excellence (EFQM).

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

Chief Executive of Ashton Community Trust Paul Roberts said he was delighted with this latest achievement.

"Ashton and its team work vigorously to ensure our

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The community magazine is compiled & supported by Ashton Community Trust



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 2892
- 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 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

Free Books in April!



Community ICT Essential Skills at the Ashton Centre will be taking part in World Book Night 2015 on April 23rd. This is the fourth year that the project has applied and been successful in becoming a community book giver! We will receive forty books to give away to people already enrolled in Essential Skills classes and to anyone who enquires about new courses.

Classes in English, Maths and ICT (computers) have been running since January, and names are now being taken for spring classes starting in April. Classes are small and it is also possible to learn on a one-to-one basis if you prefer.

If you would like to enquire about new courses, or enrol for an English, Maths or computer class, please ring Hilary on 9032 2289 or email hilary.adair@ashtoncentre.com. Enquiries can also be made in person at the Ashton Centre reception. Remember - there's a free book waiting for you!

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.

News From The FabLab



Fablab build house in BBC studio

A project of Ashton Community Trust

It Has been a busy time in Fablab since the last magazine. We have been very happy with the success of our Digital Arts afterschool programme that we have been running with New Lodge Arts. These session allow the young people to access a wide variety of digital fabrication processes that has allowed them to make exciting things such a as 3D printed dinosaurs, the World Cup and laser cut press fit memory boxes (not as easy as it sounds)

These session run from 3.00 – 4.00 every Tuesday, anyone who wishes to have their child participate in this contact Anne at New Lodge Arts to book a place
 Anne Delaney - 02890742255
 e-mail : anne.delaney@ashtoncentre.com

BBC Make it Digital Festival

Fablab were approached by the BBC to build “something big” using digital fabrication equipment, so in response we set ourselves the challenge of building a full size house that would be built and constructed in the Blackstaff studios. This would form the centre piece of the entire festival. With Fablab allotted the largest space in the studio, we are proud to say that it was a huge success and many people commented that they would be interested in building such a structure for themselves with invites being extended all the way from the French Countryside !!! If you would like to hear more about this or even have a go at building your own permanent structure contact Paddy @ Fablab
 02890 755412
 patrick.ohare@ashtoncentre.com

NI Science Festival

Fablab participated in a hugely successful event in the Blackbox as part of NI Science Week. Over 200 parents and children took part in the event where everyone was able to get hands on with digital making. Everyone was highly impressed with the event and it ensures that many people are continuing to show a great interest in the work that is being done at Fablab Belfast

Get Involved with Fablab

If you fancy yourself as a designer/ maker or just have an interest in what goes on in Fablab why not book a place in one of our sessions for the upcoming Creativity month.

Creativity month is a project funded by DCAL that aims to get people involved in design/making. Fablab Belfast will be hosting a series of session as part of this. All of the events will take place in Fablab Belfast

Details are below:

- Friday 6th March “Have a go at 3D Printing” 10.00 – 12.00
- Friday 13th March “Learn how to solder “ 10.00 – 12.00
- Friday 20th March “Card Making” 10.00 – 12.00
- Friday 27th March “ Have a go at Laser Cutting 10.00 - 12.00

If you are interested in taking part in any or all of these events contact Paddy @ Fablab Belfast
 Paddy 02890 755412
 Email: patrick.ohare@ashtoncentre.com

Mini Labs

As part of Creativity month Fablab will be setting up a mini-lab in libraries around Northern Ireland which will allow people to have a go at digital fabrication. Check out our website www.fablabni.com to see when Fablab will be in a library near you.

Excellence Award For Ashton



Continued from page 1

systems and processes result in high quality services that meet identified need within the local community,” he said.

“These awards celebrate the success of organisations throughout Ireland in the private, public and voluntary sectors who have achieved recognition for performance improvements measured against the European Framework for Business Excellence - the most rigorous measurement of business performance excellence internationally. We are delighted that we have been recognised as one of those organisations and are proud that have demonstrated excellence in our overall performance.”

The EFQM Ireland Excellence awards, organised by the Centre for Competitiveness (CforC), took place 29 January 2015 in the Clondeboye Lodge in Bangor. The event, celebrating its 21st year, was supported by Ulster Bank, Capita, the Department of Finance and Personnel and NIE.

Through the process, which awards organisations from a range of industries and sectors in Ireland, applicants from across the island can measure themselves against each other, learning from a wide pool of best practice. In total this year 15 organisations, including 12 from Northern Ireland, won awards of various levels of recognition.

NEW LODGE FESTIVAL

Although the summer may seem far away, representatives and volunteers from community groups within the Greater New Lodge CEP have been very busy since early in the New Year preparing for the delivery of the next Greater New Lodge Summer Festival Programme. Members of the Festival Committee have already started the process of identifying potential events and exploring possible avenues of funding for the Programme. Paul O'Neill is Coordinator of the Festival Steering Committee,

"At this stage the programme is scheduled to start on the week beginning Monday 3rd of August. However given the current austerity measures, reduction in public funding and various cutbacks that are beginning to hit community groups hard, the Festival Committee is not underestimating the problems involved in acquiring the financial resources to make this year's Festival become a reality. However regardless of the difficulties the Committee is determined that one way or another there will be a significant programme of Festival activities in the New Lodge this summer. As always we would like as many residents as possible to get directly involved in helping to organise the Festival. However a friendly word of advice, everyone should take note that getting involved requires taking on at least some work and responsibilities. The Festival Committee is a dynamic working group and not simply a talking shop. Last year a programme containing a full breakdown of Festival activities was delivered to every household in the area and it is planned to do exactly the same again this year. Before then however we will keep the community informed as we proceed".

Anyone interested in volunteering or assisting in any way with the Festival Committee can contact Paul O'Neill at the Ashton Centre phone 028 90 742255

Feile An Phobail

New Lodge Festival and Feile An Phobail based in West Belfast have been engaged in a number of meetings to discuss how to promote, assist and develop greater co-operation and better



working links in order to improve and develop best practice in relation to festivals and the development of the arts in community. Kevin Morrison is the Outreach Engagement Officer with Feile,

"By sharing our working practices, successes, achievements and experiences with other groups such as New Lodge Festival Committee we hope this can help build confidence, capacity, and foster a spirit of sharing and cooperation. I have been invited to attend a number of the New Lodge Festival Committee meetings and it is clear to see that there is a great

level of experience, skill, commitment and enthusiasm there. Through this engagement we intend to provide additional support, share resources and make the New Lodge Festival even better than it already is".

As part of this engagement process Feile and Ashton Community Trust are organising a showcase event which will take place on April the 22nd at the Duncairn Culture and Arts Centre entitled, 'The Importance of the Arts in Building the Capacity of Our Community'. The key note speaker will be DCAL Minister and New Lodge woman Caral Ni Chuilin.

The importance of 'The Arts' in building the Capacity of our Community

Exploring the value of the arts in developing the capacity of our community

1:45 - 3:30pm, Wednesday 22nd April 2015

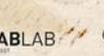
The Duncairn Centre for Culture and Arts
Duncairn Complex, Duncairn Ave, Belfast

Main Speaker
Carál Ní Chuilín
Minister for the Department of Culture, Arts & Leisure

With guest speakers and arts showcases from the New Lodge Arts, Duncairn Arts & FABLAB







Part of Feile an Phobail's
Community Engagement Programme
funded by Esmée Fairbairn

For more info contact Kevin - kevin@feilebelfast.com 02890 313440

Feile an Phobail
Festival of the People

FREE ENERGY PACKS THROUGH ASHTON COMMUNITY TRUST



Christine McKeown and Paul O'Neill Ashton Community Trust

Ashton Community Trust through its Kinderkids Daycare project has been working with Bryson Energy to look at ways in which families can save money on their household energy bills. Bryson provided Kinderkids with a limited number of home energy packs for families in the community. Christine McKeown, Head of Childcare and Family Support Services said, 'Following discussions with Bryson Energy, we agreed to assist with this project. We hope that the packs provided will be of help to people in the community, particularly at this time of austerity and when people are struggling to pay their bills and heat their homes'

The packs contain:

1. An Electricity Monitor (OWL Meter)
OWL is a wireless electricity monitor which shows just how much total electricity used throughout the home-lights, appliances and any electrical heaters and showers. Find out how much this is costing you. It is easy to install, easy to read and easy to use. The memory feature shows you just how much electricity you have used.

2. Radiator Reflective foil
An energy saving radiator reflector that reflects 95% of the wasted heat energy radiated from the rear of a radiator back into your room. No need for removal of radiators, professional installers, or any sticking to the wall – Radflek just hangs from the wall brackets behind the radiator.

3. 2x Low Energy Lightbulbs
Switching to low energy lightbulbs will

save money on your electricity bills and they last up to 10 times longer than conventional bulbs. Compare lumens not wattage if replacing old bulbs

4. A Water Widget
A simple fitting that can be fitted between a shower head and hose to reduce water consumption whilst not impacting on the performance of your shower. Not recommended for electric showers

5. Hot Water Tank jacket
Effective insulation of your hot water cylinder saves energy and money, designed for tanks of all types. The cylinder jacket has expands to 80mm nominal thickness and contains glass fibre.

To be eligible to receive the energy pack you must meet the following criteria

To qualify for an Energy Saving Pack the Home must be Owner Occupied or Privately Rented

- A Single Person household with income/pension less than £22,000 gross per annum or
- Couple or single parent family with income/pension of less than £30,000 gross
- Single person household /couple with an income of less than £35,000 gross AND over 70 years old.

If you meet the criteria and would like to receive a pack,

Please contact Christine McKeown or Paul O'Neill at the Ashton Centre (028) 907442255

DRAWING CLASSES

For Grown-Ups

At The Culture Shop,
Next to the
New Lodge Arts office,
Lepper Street, Belfast

Every Tuesday, 11am - 2pm.
Drop-in as little or as much as you want. All Welcome!
Art materials, tea, coffee and buns provided...

Free

Facilitated by Duncan Ross

Are you interested in comicbook illustration, graffiti, games or animation?

DRAWING STUDIO

Drop-in drawing class every Tuesday
4pm-6pm For ages 14-18.

At The Culture Shop,
Ashton Centre, 5 Churchill Street, Belfast

Please contact anne@newlodgearts.com
02090 742 255 to register your interest...

£1 per class

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."

Greater New Lodge Safer Streets Committee Planning Ahead

Greater New Lodge Safer Streets Committee conducted a planning exercise on February the 2nd- 3rd 2015 to review the operation of the project. This focused on issues of local drug dealing, anti-social behaviour, criminality, community concerns about bonfires, interfaces and community relations issues. The Committee also reviewed resource issues, monitoring and reporting systems, participation and communications with the local community as well as working relationships with statutory bodies and government departments.

The issue of community safety is a serious, sensitive, complex and difficult matter. It is understandable that the community will often focus on the negatives particularly when directly affected. Indeed many people are often left with a very pessimistic perception that nothing is being done or that nobody really cares. However what they may not be aware of is the strong level of commitment and work carried out at community level by the Safer Streets Committee. This includes the many achievements made in terms of prevention and the amount of support and follow- up provided for local people affected. It must be remembered that our Committee consists of community volunteers and operates with little resources of its own. We don't have any workers specifically paid to do this work nor do we have any premises of our own. We rely on the good will and support of residents and community groups. Nevertheless, the Greater New Lodge Safer Streets Committee is regularly complemented and viewed as a model of good practice by various statutory authorities. It is within this context that our recent planning exercise was held.

The planning sessions provided an opportunity to reflect on past practice and refocus on the present. We agreed that community safety models such as our own are not only important in building confidence and trust between the community and the statutory authorities but are cost effective in terms of savings to the public purse. For example most statutory officials we work with will readily admit that partnership with Greater New Lodge Safer Streets allows them to be more precise and efficient in targeting their time and efforts, therefore saving them resources and improving outcomes.

Consequently we believe there is a very strong case for our work to be properly resourced. This would enable us to further develop the responsiveness and quality of our systems and help us progress to a more evidence based approach allowing more effective measurement and assessment of the impact of our work.

Keeping our communities safe cannot be achieved by any single group or agency acting alone. Nor is community safety simply about the number of people arrested. It is also about being able to respond to the multi-faceted socio-economic issues that allow crime and anti-social behaviour to thrive in the first place. This is especially important for communities emerging from decades of armed conflict and



where deprivation remains severe.

Real partnership with statutory agencies cannot be a top-down process or a mere tick-box exercise. It must be about real collaboration and the co-production of local solutions to local problems. Ultimately the most important thing is achieving improved safety and wellbeing outcomes for local people and communities. Greater New Lodge Safer Streets Committee believes it has a crucial role to play in all of this.

Greater New Lodge Safer Streets Committee

Donore Court Gets New Alley Gates

After several years of pressure from residents, community and political representatives, Belfast City Council has eventually put in place alley gates at Donore Court. The demand for an alley gating scheme came as a result of persistent anti-social behaviour problems in the area. A number of public meetings had been held in recent years in relation to this and residents had made clear their desire for an alley gating scheme to help reduce the problem. The Safer Streets Committee would much prefer that alley gating was not needed. However, unfortunately such schemes sometimes must be implemented as a matter of last resort. We hope that this particular scheme will bring long-term relief, peace and quiet for the residents of Donore Court.

Wheelie Bins Targetted

The Safer Streets Committee is aware that a number of wheelie bins have been burned in the area recently. If your bin has been stolen and/or burnt residents can have their bin replaced free of charge by Belfast City Council. Just follow these few steps:

1. Report the incident to the PSNI on 101 and get a Crime Reference Number.
2. Contact Belfast City Council on 028 9027 0230 and explain what has happened.
3. Give BCC the crime reference number given to you by the PSNI.
4. BCC will arrange for you to get your replacement bin.

You will get more information here: <http://www.belfastcity.gov.uk/bins-recycling/bins/problemwithbin.aspx>

Greater New Lodge Safer Streets Committee

Greater New Lodge Safer Streets regularly request updates from the local PSNI in the local area and have received the following report.

We are conscious that the details provided below are based on reported incidents and that the report is given from a PSNI perspective. However we know from our own experience that many people do not bother to report instances of criminal and anti-social activity. We are also conscious that people will have different and varying perceptions about the performance and responsiveness of police and other statutory agencies towards crime and anti-social behaviour in the local area. We are always keen to hear the opinions of local people about these issues. We would therefore welcome community views about this topic regardless of whether these are positive or negative. To do so Contact Safer Streets Committee Number 0756 493 8276

Neighbourhood Community Police Team Report February 2015

New Lodge Community Policing Team continues to work closely with the Safer Streets Initiative, to deal with incidents and crime. We have continued to focus on reducing incidents of burglary, anti-social behaviour and vehicle crime. We have reviewed community priorities with our community partners to ensure that we reflect community concerns.

We continue to work with our statutory partners such as the Housing Executive and Belfast City Council to ensure that all available resources are used in crime reduction. Please see the comments from the Area Commander Chief Inspector regarding recent crime figures for North Belfast area

“Violence against the person shows an increase of 5.7% but when you break this down violence with injury is actually down - 4.2% whereas threats and intimidation (violence without injury) is up 1.1% Robbery is down 8.2%, Burglary down 16.6%, Criminal Damage down 7.4% and Theft from persons down nearly 22%. We have a 27.8% increase in detections/arrests for offensive weapons and 26.9% increase in detections/arrests for possession of drugs and our complaints to the Ombudsman are also down by about 34%”.

A number of aggravated burglaries happened in the area over recent weeks and we have increased our patrolling as a direct result. We would encourage anyone with any information to get in touch or use Crime Stoppers 0800 555 111.

There has been increased vehicle crime with a number of reported hijackings in the area and significant arrests being made. We are continuing to patrol identified hot-spots and working with the Reducing Offending Unit to take action against prolific offenders. In general terms the Reducing Offending Unit are managing 94 prolific offenders and during January the unit arrested 48 individuals and made 82 Charges with prison sentences in this month totalling 10 years and 8 months.

We continue to progress our ‘Prevent and Deter’ initiative in the area to address concerns about anti-social behaviour

and so support young people attempting to move away from this behaviour and to help their parents. Working with Youth Justice this joined up approach ensures that we have a long term strategy to deal with offenders and reduce incidents at area hot-spots. Arranged fights between young people throughout North Belfast, remains a serious concern and we will continue to work closely with youth centres and their out-reach team to address this problem. We have posted on Facebook about this issue and we appeal to parents to support our efforts by speaking to young people about the serious risks of getting involved and the obvious risk of offensive weapons being produced.

Throughout the Christmas and New Year period we have witnessed exceptional examples of cross community work at our interfaces. Again the New Lodge community has worked in partnership to improve the quality of life for residents and improve community safety. We are working to deal with issues relating to drug use in the wider North Belfast area and once again we appeal to people to bring any concerns to us so that we can act to bring offenders in front of the courts.

By working together we can continue to make the area a safer place. We are aware of community priorities and over the next number of months will be working to address them. If you wish to speak to the Community Police our contact details are on the PSNI web page or use non-emergency 101 and ask for the Community Policing Team for the New Lodge who are based at Antrim Rd PSNI Station. We can also be contacted by e-mail or on the North Belfast PSNI Facebook page.

Sergeant Caskey 07764638464

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)



Training And Employment At The Ashton Centre

All of the Training and Employment Programmes are currently up for renewal and we hope that new programmes to help people get into work will start in April. Mean while we are working hard on current programmes to ensure our clients get the most benefit possible in the short time left to run. We have included a few snapshots as a way of giving a flavour of our work to date and as a taster of what will come in the new programmes

Family Support Programme

Family Support held a residential in the Ulster Folk and Transport Museum at the end of January. The families experienced highlights such as the barn dance, dressing up



in period costume and experiencing life as it was in the past. This was a just reward for a programme that saw the families working hard on a number of courses such as anger management, parenting and money management. We are very hopeful that there will be another Family Support programme. If you are interested contact Jeanette or Nadine and put your name on the waiting list.

Threshold Programme Graduations

The Threshold Programme finished in December and was a great success. 55 young people took part, of whom 42 gained qualifications, 32 went on to further education and 8 got jobs. Given that all of these young people started the programme not in education, employment or training this was a great achievement. However achievement is not only measured by statistics. As Eileen O'Prey project mentor said "Seeing the young people growing in confidence, developing interpersonal skills and forming career aspirations is of great significance."



Threshold participants graduate

the end of March. Currently we have got courses on ICT, Childcare, Essential Skills, Warehousing and Personal Development happening. All of these courses are designed to give clients the qualifications and skills they need to get into employment which helps explain why they are in such high demand with very few places left if any at all. Again we are waiting on the new programmes to start again but please feel free to register your interest should anything come up. We also intend the training year to end with a bang with all of our participants invited to a Celebration Ceremony in Belfast Castle on the 27th March.



Childcare course participants getting messy

Other Training Courses

Our mainstream training programmes are continuing until

facebook.com/ashtoncommunitytrust



Ashton Community Trust has created 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



New Motorway Interchange Residents Seek Dialogue



Local residents attend DRD Motorway Exhibition Ramada Hotel

In January 2015 the Minister for the Department of Regional Development, Danny Kennedy launched the formal consultation process for the new Motorway Interchange which will run through Inner North Belfast including a road widening phase at North Queen Street. Following a public meeting on October 13th 2015 in North Queen Street Community Centre, it was agreed that a local Community Working Committee be set up to monitor and organise around this issue. The Working Committee, made up of residents and community activists, has since met on a number of occasions and has identified and listed a range of concerns. Paul O'Neill of the Ashton Community Trust acts as Chairperson of the Community Working Committee.

"Representatives from our group attended the 'York Street Interchange Orders Exhibition' on Monday 9th of February 2015 in the Ramada Hotel Belfast which is part of the recently announced consultation. Our group also met with DRD officials on Wednesday 4th March 2015, where there was an intense discussion about local community's concerns. Just some of the questions we raised related to the duration and scale of disruption, right to light, noise, air pollution, physical structure and impact, the McGurk's Bar Memorial site, procurement, compensation and mitigation issues, pedestrian and traffic movement, visibility, safety and privacy issues and much more. We fully understand and appreciate the long term strategic importance of the new road development. However, equally important is the principle of shared decision-making to ensure that it will not unduly undermine the needs of our community. Therefore sustained, ongoing, meaningful dialogue is required. This should include residents, elected representatives, senior engineers, all relevant departments and building contractors at each and every stage of the development where it impacts at local community level to try to ensure the best possible outcome".



Meeting DRD officials in the New Lodge

New Lodge Housing Forum Housing News

The two big projects occurring in the area at the minute are of course the cladding at Chuchullin House and the redevelopment of the Upper Long streets.



High Rise Cladding Project

Despite big problems at the flats I am happy to report things are now back on track. People have noticed that work at the block appeared to have ground to a halt several months ago, this was due to technical problems surrounding the ring beams supporting the structure and these have now been eradicated.

As we go to print preparation work has begun and in a few weeks the cladding will be visibly progressing, in fact we are assured once started the cladding will be finished in a few months. The finishing date is not set in stone but mid-summer has been quoted. We are quietly confident that in the next few weeks it will be announced that another block will be starting probably Eithne, but this is by no means certain.

Upper Long Streets

The redevelopment of the lower section of the long streets is beginning to pick up momentum, Stratheden Street is now empty and the left hand side of Spamount Street heading towards Antrim Road is almost empty so hopefully demolition can begin soon, however, this will throw up its own concerns. Apex, the group responsible for the redevelopment, expects to begin building around September and is not willing to take responsibility for the site until then. We have been in consultation with them and the Housing Executive to ensure the site is adequately secured. Our concerns are twofold; one the security of homes and businesses on the New Lodge whose backs will be left exposed when Stratheden Street comes down and also the possibility of anti-social behaviour on the site. History has shown what can happen when these sites are left unsecured; rest assured we will continue to work to ensure the entire project progresses smoothly.

North Queen Street Barracks Site

In other news the site at North Queen Street P.S.N.I Station has seen damage done to equipment for the clearing of the site and this has obviously held up progress in developing the site. This is a site which housing groups have campaigned to see handed over for social housing for many years, it will help the waiting list and also may be vital to the last phase of the long streets redevelopment. There has been speculation as to who was responsible but as far as we are concerned it is irrelevant, we can only condemn it as strongly as possible. The regeneration of this area requires new housing and anyone interfering with this is working against our community. We will keep residents updated in future editions. **Liam Wiggins**

New Lodge Housing Office 9074 2399

Political Ex-Prisoners 'An Unaddressed Legacy of the Conflict'

A research report by Tar Isteach Republican Ex-Prisoner Support Group focusing on health and well being issues affecting political ex-prisoners was launched in the NICVA building on Duncairn Gardens on January the 23rd 2015. The report which was supported by the International Red Cross is entitled, 'Political Ex-Prisoners –An Unaddressed Legacy', was compiled by Professor Peter Shirlow and Ciaran Hughes of Queens University Belfast.

Speakers at the launch included, Professor Shirlow, Mark Thompson (Relatives for Justice), Geoff Loane (International Red Cross), Paul O' Neill (Tar Isteach) and Michael Culbert (Coiste Na Niarachimi).

Funding Under Threat

The report comes at a time when republican ex-prisoner support projects including Tar Isteach are under serious threat of closure due to a lack of funding. The research shows that political ex-prisoners continue to be subject to various discriminations and social exclusions that seriously undermine their ability to cope financially, emotionally and socially. On-going legal and security barriers and restrictions prevent them from entering normal social activities such as work and travel. This is worsened by the fact that many former prisoners and their families already come from neighbourhoods of high socio-economic deprivation. Despite the peace process and power sharing at Stormont, the reality is that ongoing criminalisation continues to blight the lives of ex-prisoners and their families.

Criminalisation

According to Professor Peter Shirlow, "Such criminalisation is contrary to the Good Friday Agreement and the costs of those exclusions are labour market exclusion, penury and reliance upon benefits. Excluding former prisoners from the labour market undermines good health and creates a financial



burden upon the state. It is a reality that is counter-intuitive with regard to building citizenship through employment and related tax contributions".

"The issues that affect former prisoners are not merely personal issues as they influence family life, community development and the speed at which transitional progress occurs".

Tommy Quigley is Manager of Tar Isteach, "At least 2000 republican ex-prisoners in North Belfast alone were imprisoned during the conflict. The vast bulk of them must continue not only to struggle with the resonant effects and traumas of imprisonment and conflict but at the same time navigate major systemic barriers, disadvantages, exclusions and discriminations that impact on their daily lives and on the lives of their families including their children and even their grandchildren. Many of them must live with the double disadvantage of being poor within poor communities and legally discriminated against and excluded. The failure to address continuing poverty and exclusion combined with such outstanding and unaddressed

legacy issues has created a growing sense of disconnection and inequality amongst many political ex-prisoners.

Good Friday Agreement

In reality 16 years on from the Good Friday Agreement not much has changed. Political Ex-Prisoners are still not treated as equal citizens and those groups established to help them are massively under resourced and face an ever-present threat of closure. Despite promises by the Irish and British governments in the Good Friday Agreement, no dedicated resources were ever made available and Ex-Prisoner support projects only evolved as a result of self help efforts and their ability to access resources from European Peace Programmes. If these projects are forced to close it now means that political ex-prisoners and their families will have no dedicated projects to turn to".

Anyone interested in acquiring a copy of the Research Report can contact the Tar Isteach Offices 244 Antrim Road phone 90 746664/5 or email info@taristeach.org

Tar Isteach Appeal

Dear Friends, In recent times because of difficulties within the funding processes and under pressure from those politically opposed to our work our services are under threat and we may be forced to close down.

In order to meet our mission and to continue to provide much needed services to our community we would appeal to you

to assist our organisation in any way you can.

We would appreciate all forms of support, political, moral, financial or otherwise.

If you can help in any way please contact Tommy Quigley, Manager. Tar Isteach Offices 244 Antrim Road phone 90 746664/5 or email info@taristeach.org

Yours Sincerely
Paul O'Neill Chairperson



Recent protest at the threatened closure of Tar Isteach

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



Rosary At The Grotto
Rosary taking place every
Monday evening at 7.00 pm.
All welcome!

Visit to Krakow, Poland

Thirteen young people from New Lodge Arts and New Lodge Youth Centre went on an educational visit to Krakow, Poland to learn about World War II. During the four day trip, the young people visited local museums including the Oskar Schindler Factory and spent a day visiting Auschwitz Camp. The group was overwhelmed by the impact the War had on the Jewish community in Krakow and the devastating impact of the Nazi regime. The group was most affected by the images of children who suffered and died in Auschwitz – many of them exterminated in the gas chambers, bringing home the reality of the harrowing impact of the Holocaust.



Anne Delaney, Arts Programme & Operations Manager at New Lodge Arts, says: 'The project is the beginning of our exploration into World War II. Last year, the group visited London, France and Belgium learning about WWI which had a big impact on the young people. They were keen to learn about WWII and we hope to secure funding to bring them on additional trips later in the year to Germany.'

One participant from North Belfast said, "I thought the trip was brilliant and very beneficial, it has made me more aware of the world and what it holds, it's not always what you expect, I couldn't believe 1.3 million people were brought to Auschwitz, this has definitely helped me to understand and show more respect towards people, overall a very amazing and unforgettable trip'.

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

New Lodge Arts

Bringing The Arts To The Grassroots

New Lodge Arts (NLA) is a project of Ashton Community Trust. It was established to create opportunities particularly for young people of all ages to actively engage across the widest possible spectrum of the arts. It currently works with approximately 2000 children and young people each year. Operating at the heart of North Belfast, New Lodge Arts has a strong community focus and a passion for supporting the needs of young people at grass-root community level.

New Lodge Arts continues to strengthen and further develop its annual arts programme year on year. Presently it organises approximately 15-20 classes in Dance, Drama and Visual Art every week. It also manages festivals and events and delivers leadership programmes, event management and team-building activities. In its first year New Lodge Arts worked with 12 groups in the Greater New Lodge. Then it had only two staff, Katrina Newell and Cecilia Heron. Things have grown massively since then and now it has a staff of seven and delivers activities right across North Belfast involving over 2000 people.

Katrina Newell, Head of Arts and Youth Development

Katrina has worked with New Lodge Arts (NLA) since the project began almost twelve years ago. "I am extremely proud of New Lodge Arts, the Staff Team and the young people involved. In April 2012 my post changed to include Youth Development. My role now is a combined one which includes strategic management of New Lodge Arts and Centre Manager of New Lodge Youth Centre. Although the job can be very demanding I love the work I do".



Anne Delaney, Arts Programme & Operations Manager

Anne has worked with NLA for over 2 years. "I am responsible for managing staff and artists, securing funding, overseeing finance and managing the delivery of a diverse programme of arts based projects and events primarily for young people across North Belfast. We continually aim to expand our offering and I love to see the organisation grow and develop. A huge strength is our committed staff team who give over and above their roles to make the organisation the success it is today. We always make time for our young people and seeing the positive impact makes it all worthwhile.



Cecilia Heron, Good Relations Art Worker

Cecilia started working with New Lodge Arts in 2003 doing administration and finance. "Since then my role has grown as the organization has developed. I am now responsible for the development and delivery of a Community Pride Programme across North Belfast. This involves community events like North Belfast Lantern Parade and North Belfast Winter Fest Programme which includes our very own Christmas Panto. The main focus is on good relations, shared space and our young people. We also work in partnership with other organisations to deliver additional activities and



opportunities for local young people. In addition I go out into the community and meet new groups who have had little or no experience of participation in arts programmes, offering them taster sessions. I really love the people I work with and it is very rewarding working with young people and seeing them gain confidence, new skills and make new friendships.

Marie-Therese Coogan - Administrator

I began working for New Lodge Arts almost 4 years ago providing clerical and administrative support to all members of staff in the office. I ensure that office procedures, polices etc are being followed. I also have responsibility for specific tasks within the office such as Salesforce, ISO procedures, banking duties and payments. New Lodge Arts is a fantastic organisation to work for; they are family friendly and focused on doing good work in the community. I love working here.



Joanne Smyth - Finance Administrator

I began working in New Lodge Arts October 2011 providing financial management and book-keeping. Overall I maintain the organisation's financial systems in line with best practice, prepare, submit and present reports to Management Committee and funders, complete statutory returns as required by law and prepare draft audited accounts annually. I also help out with some of the amazing projects that we run throughout the year such as Lantern Parade, Winterfest and Summer Festival. I feel privileged to work with this staff team and to serve this community.



Orla Hawkins - Youth Arts Worker

My role involves working directly with young people from across North Belfast, a few evenings a week. The programmes range from Leadership in Youth Work to Event Management. I also lead and support New Lodge Arts Youth Advisory Group made up of young people who advise and support New Lodge Arts in decision making and the direction the organisation takes. I have also recently started co-coordinating the Inner North Youth Platform including young people from all over Inner North Belfast representing all communities and cultures. This group will deliver its own youth conference before the end of March 2015.



Ryan McMahon - Youth Worker/Office Assistant

I first began my journey with New Lodge Arts over 6 years ago as a participant/volunteer. Over the past eighteen months I have been employed as an official member of staff. My role in New Lodge Arts varies from day to day. I do a bit of everything as the office assistant. By day I do office work. I do the stapling, punching holes in paper and I am a wizard with the printer. By night I work alongside Anne supporting her with projects and with Orla being a Youth Support Worker for the Event Management team and the Youth Advisory Group.



NORTH BELFAST CHRISTMAS PANTO

Auditions for the third North Belfast Christmas Panto took place the week commencing 20th October 2014. Auditions were held in 6 North Belfast venues with a total of 44 participants.

Three showcase performances of the Christmas Panto Snow White & The Seven Dwarfs took place in Duncairn Arts Centre (174 Trust) on Tuesday 2nd, Wednesday 3rd and Thursday 4th December. Each performance was completely sold out. Cecilia Heron Good Relations Arts Worker for New Lodge Arts said. "The talent as always was extremely high and after much consideration the artistic team decided to work with 27 young people. This has been an amazing opportunity for our young people who got to work with a very talented artistic team. We are very proud of our young people who were very committed to the project and worked tirelessly to put on three fantastic performances. We cannot wait to see them take to the stage again".



New Lodge Arts Young People Visit Care Homes Across North Belfast at Christmas!

At Christmas (2014), the young people of New Lodge Arts Event Management Team decided to give back to the older people across North Belfast, along with our youth workers Orla Hawkins & Ryan McMahon. They did this by paying visits to four Care Homes over four consecutive evenings from the 8th – 11th December. During this period we entertained over



100 older people from; Clifton House Care Home, Lansdowne Care Home, Parkdean Care Home and Loughview Care Home. The group improvised a short piece of the Snow White Pantomime which they performed for the residents and had sing songs at the older people's requests, as well as raffling off their handmade hampers and other gifts. The group was warmly welcomed by all staff and residents. On behalf of New Lodge Arts, we would like to thank them for having us. This was a great experience and we plan do to more inter-generational work in the future.

New Lodge Arts: The Great War Exhibition

In January, New Lodge Arts exhibited a selection of photographs, stories and a mural in the Duncairn Culture & Arts Centre. The exhibition resulted from a project involving 14 young people from North Belfast who had the opportunity to learn more about the Great War which included visits to London, France and Belgium. They visited battlefields, memorials, graveyards, museums and monuments gaining an insight into the devastation and destruction of the Great War. The project was funded by the Heritage Lottery with support from Children in Need.

This journey began in the summer 2013 when we were invited to take part in a project led by the National Portrait Gallery, London and the Ulster Museum. The young people spent several sessions in the Ulster Museum exploring WW1, looking at artifacts and working with a historian. The young people created an exhibition based on The Great War which was displayed in the Museum as part of a digital presentation in the National Portrait Gallery.

This initial project sparked a new interest in The Great War and we worked with the young people to develop a proposal to the Heritage Lottery Fund.

On display in the exhibition was a collection of photographs and stories from the young people focusing on things that stood out for them. The audience could listen on headphones to bring the stories to life. These stories included the Christmas Day Football Match, the Death Penny and the story of Peter Pan.

The group worked with local photographer Kelly Morris and artist Ed Reynolds to create the exhibition. The artwork will go on display in the Culture Shop, Ashton Centre in March.

EVENTS FOR ALL EASTER FUN DAY

Our annual Family Easter Fun Day will take place on Friday 3rd April 12.00pm – 3.00pm in Macrory Church, Duncairn Gardens. There will be plenty of activities to keep the children and young people entertained. Come along and visit our petting farm, meet the Easter Bunny, have your face painted and enjoy making some Easter crafts. Cecilia Heron New Lodge Arts said "This is a really enjoyable event which is free and open to everyone."

If you would like more information on any future events please contact Cecilia Heron 07927885704, Kate Clarke 07793258006 or Leanne Marshall 07989293620.

EVENTS FOR ALL CHRISTMAS GROTTO

Friday 12th December 2014 saw Santa and his reindeer return to Duncairn Gardens once again for a day full of fun and festive activities. One of the organisers Cecilia Heron said. "We are again overwhelmed by the turnout to our annual event this year. An audience of over 1,000 people came through the doors of Macrory Church. The children loved getting their photograph taken with Santa in his grotto and some even got to sit on his Reindeer. There was plenty to keep everyone entertained including Christmas arts and crafts, making marshmallow snowmen, music, face painting and lots of refreshments. This event was aimed at promoting good relations and was totally free. If you attended this event and have not received your child's photograph then please call into New Lodge Arts office or phone Cecilia Heron on 90742255 to arrange collection.

New Lodge Youth Centre

Outreach Project

Outreach workers from New Lodge Youth Centre have been engaging with local young people in recent months on the street and also delivering games and activities in local park and play areas.

As a result there has been a lot of positive feedback from local residents and parents who have stated that they would like to see more youth workers on the streets working with young people and that it was good to see things like this happening in the area.

So far youth workers have been out 2-3 nights a week and are building positive relationship between the young people and residents.



Katrina Newell and Paddy Doyle on Youth Outreach duty in New Lodge

Youth Impact (Friday Night Male Group)

10 young people aged 14-16 years old from the Greater New Lodge and Antrim Road have formed a group that meets every Friday night in the Youth Centre. The young people will take part in various types of personal development work while discussing issues such as identity, culture and the roles young people have within their communities.

Through this project they will work towards gaining a recognised qualification (Level 1 OCN Peer Mentoring). This will then give them the confidence and skills to work with other young people and pass on their knowledge and learning. The young people have already taken part in various team building workshops and are due to complete a 6 week Personal Development Programme with the Belfast Activity Centre.

Family Support Programme

Over the last five months, Louise and Paddy from New Lodge Youth Centre have been working with 2 groups of young people aged between 8-11 years old and their parents. During the programme both groups participated in workshops that included Internet Safety and Road Safety as well as a Healthy Eating Project that was facilitated by Duncairn Health Partnership.

Both groups ended the projects with two very successful residentials that saw young people and parents taking part in

various activities and games. Some Comments below from parents and young people; Parent "It really encouraged us as parents and allowed our kids to get closer together with us". Young Person "This residential has been the best so far and the activities were class".

OCN Leadership in Youth Work – Level 1

Ten young people from the Centre started training to gain a qualification in youth work. This training has enabled more of our young people to embark on an important personal journey. This programme started in February and will continue for a number of weeks. The young people will look at various topics such as leadership and communication in youth work and planning and delivering youth work activities. They have shown a great deal of passion in the sessions and the learning has started to widen their understanding and perceptions about youth work.

Partnership with Cliftonville

New Lodge Youth Centre has developed a great partnership with Cliftonville Community Centre. Eight young people from each Centre will engage in a programme looking at different cultures within Belfast. This will focus on stereotyping and prejudice, challenging young people to break down barriers and perceptions of other people. The learning will help them to positively influence peers, family and others to challenge their own stereotypes. The young people will then partake in a study visit to Poland where they will have the opportunity to visit the infamous Auschwitz Concentration Camp.

Cross Community Project. New Lodge Youth Centre and Glencairn Youth Initiative

Young people from New Lodge Youth Centre and Glencairn Youth Initiative have taken part in sessions delivered between the two Centres dealing with 'Personal and Social Development'. The programme is being delivered by Youth Workers from both Centres over a six week period. It includes group work sessions around 'Drugs, Alcohol' and Homelessness. The group work sessions are also tailored around issues that young people from New Lodge and Glencairn believe are relevant to them and to their communities. Sixteen young people have taken part in this cross community project aged between 12 -16 years of age. The main purpose is to give young people the opportunity to build relationships with other young people, to learn about them and to share experiences, stories and concerns about their communities.



relevant to them and to their communities. Sixteen young people have taken part in this cross community project aged between 12 -16 years of age. The main purpose is to give young people the opportunity to build relationships with other young people, to learn about them and to share experiences, stories and concerns about their communities.

Martial Arts

Young people from the New Lodge Youth Centre were invited to the Dojo at Mallusk by one of the instructors and founder of the gym Danny Corr. Danny has now opened the Dojo

fully kitted ZKJ gym in Mallusk. After forming Zanshin Karate Jutsu in 1998 the goal was always to provide a unique and fully operational gym to promote all aspects of Karate Jutsu.

The SKY Project

“The Sky Project” is a new volunteer led initiative, designed and driven by a group of our young volunteers. Sky stands for Starting Kids in Youth work and is aimed at engaging 11-14 year old. The idea is to use activities that young people are interested in to engage in group work. The volunteer team has developed activity packages around certain themes such as arts, drama, hair, beauty, fashion, football and tag rugby. They then designed eight group work sessions specifically intended to be interactive and light in content around various topics relating to their age group. Participants can choose packages such as SKY Sports, SKY Movies, SKY Arts and SKY Fashion. At the moment eight females are participating in this programme which is held in Mountcollyer Youth club aligned with six Staff members including two from the New Lodge Youth Centre.

Community Christmas Party 2014

New Lodge Youth Centre once again hosted the New Lodge Community Christmas Party. Attendance at the party was huge and possibly the biggest ever. Young people from the Centre helped build many of the features which decorated the hall including Santa’s Grotto, sleigh, sweet shops and various other Christmas ornaments. Many hundreds of parents and children had a fantastic time including photo with Santa, present, music, arts & crafts, face painting and much more.

Mary & Louise Pass With Flying Colours

Also Congratulations to Mary and Louise on graduating from the Harvard training course. We’re very proud of you.



Christmas Party 2014 at the Youth Centre



Meeting the Lord Mayor

Youth Centre Opening Times:

New Lodge Youth Centre Drop-in Opening Times:

Monday - Thursday	6 - 7pm	5 - 7 years
Monday - Thursday	7 - 8.30pm	8 - 11 years
(primary school age)		
Monday - Thursday	8.30 - 10pm	11-17 years
(secondary school age)		
Friday	7 - 8.30pm	11 - 13 years
Friday	8.30 - 10pm	14 - 17 years
Sunday	6 - 9pm	14 - 17 years

Please note, there will be no Saturday drop-in sessions until the New Year due to programmes taking place on Saturdays.

Free Tuition for Year 6 towards ‘Transfer Test’

The transfer support programme takes place on Monday and Wednesday afternoons 4 - 5.30 pm, and Friday afternoon 3.15 - 4.45 pm for young people in year 6 and 7.

Free Tuition for GCSE Maths

GCSE Maths support is provided in New Lodge Youth Centre on Monday and Wednesday afternoons 4 - 5.30 pm and Friday afternoon 3.15 - 4.45 pm.



Switzerland Here We Come



Mary and Louise get their Harvard certificates

REAL JOBS NOW! PPR Project

One Year On: Politicians Promise to Hold Council to Account

On Tuesday 17th February, the Right to Work: Right to Welfare (R2W) group held an event in the Golden Thread Gallery to mark the one year anniversary of the REAL JOBS NOW! motion being passed at Belfast City Hall. One year after the motion was passed with cross community political support at Belfast City Council, training and employment support organisations from across the city came together with Councillors from City Hall and the R2W group to discuss the urgent need to ensure full implementation of the REAL JOBS NOW! motion.

Councillors present at the event included those from Sinn Féin, the SDLP and People Before Profit with the Alliance Party and the TUV sending their apologies and expressing their continued support. A full Gallery audience heard how, once the motion was passed, the R2W group had to enter into a new campaigning phase to see the REAL JOBS NOW! policy implemented on the ground.

Councillors heard how:

- In February the R2W group presented implementation proposals, based on best practice existing legal models which were ignored.

- In April a Freedom of Information request revealed that not one meeting had taken place nor one email had been sent to progress the policy.

- In August a new 'draft social clauses policy' emerged which Belfast City Council intended to capture the 'spirit' and 'essence' of the REAL JOBS NOW! campaign; but which failed to meet the actual commitments of the motion.

In fact, based on the draft social clauses policy prepared by Council it was estimated that only 24 jobs would be created for the long term unemployed out of a total expenditure of £150m of tax payer's money.

It was explained that, based on the current evidence, massive job creation projects such as Girdwood, the Waterfront, Connswater and more were failing to implement the REAL JOBS NOW! policy. The money was not reaching those who need it most. Long term unemployed people were not getting jobs.

Those in attendance reflected their frustration with the huge opportunities in north, south, east and west Belfast not delivering benefits for the long term unemployed in their communities. R2W Group members relayed their experience of attending a meeting in December with employers and training providers, where they were made aware that only one long term unemployed person had gained employment through the £10m Girdwood construction project and that the employer 'did not ring fence jobs for the long term unemployed'.

The frustration with the current failure to implement REAL JOBS NOW! inspired many of those in attendance to action. Councillors in attendance pledged their parties continued support for the full implementation of REAL JOBS NOW!

Cllr Tim Attwood from the SDLP pledged his party's support for rigorous social clauses and stated "we must use the law to create outcomes for those most in need"

Cllr Gerry Carroll from People



Dessie Donnelly PPR Project addresses audience

Before Profit urged Belfast City Council to make changes to the draft policy to meet the #SimpleSteps especially in light of impending Welfare cuts which would make it even harder for people who are out of work.

Cllr Corr from Sinn Féin said that local politicians should act as "champions" for the campaign and convene monthly meetings where the R2W group can monitor progress to ensure that social clauses are implemented properly.

In a message of support received from the TUV, Cllr Jolene Bunting called for the issues highlighted by the R2W Group to be addressed "with the greatest urgency" and referred to the promise of full implementation of REAL JOBS NOW! as "the light at the end of the tunnel" for a city with such high rates of long term unemployment.

Community organisations, NGOs and training providers in the room also added their support to the #SimpleSteps campaign led by the R2W Group which is calling for Belfast City Council to amend the draft social clauses policy to ensure that

1.social clauses are included "at every opportunity" not just "wherever possible" or in contracts that are longer than six months and that

have a labour value of over £250,000...

2. ...social clauses are considered for inclusion in "all contracts" not just contracts of a certain type...

3. ...social clauses deliver exactly what they say on the tin - "ring-fenced fully paid jobs & apprenticeships for the long term unemployed"; not ambiguous concepts such as 'employment weeks'...

As the Council consultation on the draft social clauses policy comes to an end and the R2W campaign looks forward, R2W group member, Bertie Atkinson commented on the next steps:

'Welfare reforms are going to continue to hit the long term unemployed so it's more important than ever that Belfast City Council get this right. It is clear from today that the community and many of our elected officials can see that the draft policy brought forward has no substance in terms of getting jobs to the long term unemployed and has to be changed to include the 3 Simple Steps. It is important that the Councillors, who are democratically elected, step up to plate as they promised they would today and ensure Council officials implement the REAL JOBS NOW! policy as it was meant and agreed a year ago.'

British Shadow Secretary of State Visits Ashton Centre

Ivan Lewis the British Labour Party's Shadow Secretary of State for Northern Ireland met with representatives of the Ashton Community Trust on Wednesday 21st January 2015. Accompanying Ivan Lewis on the visit was Colin Anderson who is Co-Chair of the Heenan -Anderson Commission. The Heenan-Anderson Commission which is made up of a panel of experts from the academic, public, private, trade union and voluntary sectors was established by Ivan Lewis, "To examine the causes of the current levels of economic marginalization and deprivation in Northern Ireland". In a recent article for the Guardian newspaper Ivan Lewis said, "In the areas worst affected by the Troubles, welfare dependency has risen, suicide rates have doubled and men's life expectancy has fallen. A map of the areas where child poverty is most concentrated in Northern Ireland matches very closely the areas where the conflict has been most intense. There are a significant number of people in all communities who have seen no peace dividend, have been left behind and have little hope for the future. They are trapped in an environment of low aspirations and low expectations. Too many see themselves as losers, not winners, from the changes we have seen since the end of the Troubles. In my view, this is the biggest single impediment to moving from deep-rooted sectarianism to a shared future in Northern Ireland".



Ashton CEO Paul Roberts in conversation with Ivan Lewis MP and Colin Anderson

Speaking after the visit Paul Roberts, Ashton's Chief Executive, said, "This visit allowed us the opportunity to discuss some of the real issues faced by the people we work with on a daily basis. We argued for example that significant physical and economic regeneration in Belfast has only had a very limited positive impact on the poorer communities. The promised trickle down benefits, such as jobs and new quality of life opportunities for people living in the most impoverished neighbourhoods have simply not materialised. Added to this is the problem of poor planning in the public

realm which reinforces an entrenched pattern of physical disconnection and poor living environment. Amongst a range of other issues we raised the unaddressed legacy of ongoing discrimination against political former prisoners, most of who live in already deprived communities. Unless issues such as these are tackled with honesty and a real sense of purpose then building a genuinely shared future will be impossible. On a more optimistic note, we were able to demonstrate some of the very important work that Ashton does in its every day work trying to tackle poverty and inequality. In all of this we hope that we have positively contributed towards the British Labour Party's thinking and future policy approach".

In addition to the face to face conversation the Ashton Community Trust has also lodged a formal submission with the Heenan-Anderson Commission. More information on the Commission, can be found on their website www.heenan-anderson.org.

Westminster Election 7th May 2015 Electoral Register Information



You don't even have to be here to really make your mark.

If you are away:

- On holiday
- On business
- At University

Make your opinions count by Postal Vote or Proxy!

If you cannot go to the polling station in person you can apply to vote by POST or PROXY (where you appoint someone to vote on your behalf). You must provide a reason why you cannot vote in person.

Voting by Post

Your ballot paper will be sent to you before polling day so you can cast your vote and post the ballot paper back.

Voting by proxy

You can appoint some (a 'proxy') to vote on your behalf at your polling station.

Permanent Postal or Proxy Vote

To be eligible for a permanent postal/proxy vote you must provide a reason why you cannot reasonably be expected to go to your polling station on a permanent or long term basis.

The only acceptable reasons are:

- A disability
- You are away from home working
- You are away from home studying

To download an application to receive a postal/proxy go to:

<http://www.eoni.org.uk/vote/voting-by-post-or-proxy>

Register to vote / change address / change name

To register to vote update, update your address or name – go to <http://www.eoni.org.uk/Register-To-Vote/Register-to-vote-change-address-change-name>

Print off the form, complete and sign it, then return it to Area Electoral Office, St Anne's House, 15 Church Street, Belfast, BT1 1ER

Please read the guidance notes as you may need to send in documents with your form. This form can also be used to apply for an Electoral Identity Card. Visit the Electoral Identity Card page for details of how to apply.

To obtain this form in a range of different languages visit the Forms in other language page. The form is also available in Braille, audio or large print formats upon request.

New Lodge Community Sport & Wellbeing Plan Launched

A plan to improve the community's ability to tackle social issues through sport and physical recreation was launched in the Lighthouse offices in Duncairn Gardens on Friday 13th of February 2015. The plan was put together by local man Joe Donnelly Mental Fitness Officer with Tackling Awareness on Mental Health Issues (TAMHI). The plan was based on an extensive consultation about current local provision of sport and activity and involved a survey of residents, schools, sports clubs, community and youth groups.

Speaking during the launch Joe said that one of the key reasons for the plan was to use the power of sport to make the New Lodge a better place to live. TAMHI could have just focused the research on sports clubs; however all key groups were provided with the opportunity to contribute as other non-sport focused centres also have a valuable role to play in this.



Joe Donnelly TAMHI (6th from left) with local sports providers and community activists at the launch

“The main issue in the New Lodge is capacity and lack of facilities. A lot of clubs open the door and hope people come, however with a bit of support and “design thinking”, I am hoping this plan will open the flood gates to ensure more people become active and involved in sport and healthy activity in the local community.

Facilities in the area are very limited but thanks to investment from the current DCAL Minister Carál Ní Chuilín, the local boxing clubs

are getting a much needed upgrade. However available space for ball games in the area remains sadly lacking.

This plan will explore the potential impact of new facilities and new initiatives aimed at addressing social issues and getting people physically and mentally fit. TAMHI has got behind this plan as we feel – better clubs with supportive infrastructures for mental health, increased participation programmes especially for those who feel

excluded and better facilities can improve the mental wellbeing of people of the New Lodge community. We feel the real value of sport resides in the social pillar; being involved in something positive like sport/activity has long term life benefits. This strategy will hopefully assist people in finding a sport or activity that is right for them”. If you are interested in acquiring a copy of the report it is available on webpage: <http://tamhi.btck.co.uk> email tamhi2011@outlook.com

Street Games Project for New Lodge

As part of the implementation of New Lodge Community Sport & Wellbeing Plan a new initiative called ‘Street Games’ is to be initiated in the New Lodge. A presentation was given by John Downes Street Games UK Network Manager in New Lodge Youth Centre Tuesday 3rd March 2015. The key purpose of the project is to use the power of sport for social good and improve community life”. Following the presentation, Katrina Newell (Head of Ashton Arts and Youth Development) and Joe Donnelly (Mental Fitness Officer with TAMHI) issued the following statement;

“TAHMI and Ashton Community Trust, through New Lodge Youth Centre, invited Street Games, a UK charity dedicated to changing the lives of young people through sport to meet sports providers, youth and community groups from across Belfast. Street Games supports a network of projects across the UK to deliver ‘Doorstep Sport’; sports activity provided at the right place, at the right time and for the right cost. TAHMI and New Lodge Youth Centre plan to roll out ‘Doorstep Sport’ within the Greater New Lodge as a way of engaging young people through training peer leaders and volunteers as facilitators”.



Audience at the Street Games Presentation



Katrina Newell, John Downes and Joe Donnelly

'Sow' Wild Dawson St. Community Garden Project



Gerard Rosato (2nd from left) with residents, youth and community activists

Neighbourhood Renewal, working in partnership with New Lodge Youth Centre and Ashton Community Trust, has been awarded £2,500 from the National Lottery to tidy up and replant the Dawson Street Communal Garden. The project will include clearing away unwanted foliage and weeds and

planting shrubs and flowers that are native to Ireland. The project will be administered through an organisation called 'Grow Wild' that supports communities to come together through gardening and transforming communal spaces. Local people who live in close proximity to the communal

garden will be encouraged to get actively involved as will young people who are members of the New Lodge Youth Centre. A landscape gardener will also be on hand to advise on the type of local plants that should be grown, how to plant out and how to care for plants. Volunteers will work towards getting the garden planted in time for the summer.

As well as developing a space that will help to brighten up the area, it is hoped that the project will create opportunities for volunteering to transform a communal space with the colour from our native plants.

For more information about the gardening project please contact Gerard Rosato (Neighbourhood Renewal Coordinator) on 07702251526.

'Active Awards for Sport' - Funding Success

Inner North Neighbourhood Renewal, in partnership with the Star Community Centre, has received an Active Award for Sport grant of £8,706 to run a series of women's football coaching sessions across inner North Belfast.

The programme is to include getting more young women involved in taking regular exercise through good quality football coaching. As well as the Star, a number of other community organisations have agreed to participate in the project. These include; The Hub (Shore Road), Carrick Hill Community Centre, Fortwilliam Youth Club, New Lodge Youth Centre and Tigers Bay Community Centre. The Belfast Community Sports Network will be carrying out the coaching and all sessions will be held in the Grove Leisure Centre.

Each participating club or group will get six free coaching sessions as well as free transport to and from the Grove. All participants will then be given the opportunity to continue with their coaching on a more permanent basis. The project will run from April to May 2015 and is open to 12 – 18 years olds.

As well as catering for young people, the project will also be targeting older people with a view to them getting involved in exercise related activities such as hill walking, Yoga and Boccia.

This initiative directly relates to addressing health inequalities in areas of high deprivation and promotes healthy aging amongst older people. Whilst the project covers all areas across Inner North, it has also been included in the New Lodge Community Sport & Wellbeing Plan for 2014 – 2017.

For more information, please call Gerard Rosato on 07702251526.

Belfast Baby Day

From February to April 2015 Belfast Baby Day will be delivering free creative workshops across the City. Come along and be part of the next tiny step in our big journey.

These workshops are free and open to mums, dads, grandparents, extended family and carers.

It may be possible to walk in on the day, but if you want to secure a place please email: babydayengage@replaythreatreco.org or text 077754 859976.

Workshop Dates/Venues

Saturday 21st March 2015

Time: 11am – 12.30pm
Venue: Duncairn Centre for Culture & Arts
Workshop: Superhero cape making and other adventures in dress-up!

Ages: All ages.

Tuesday 24th March 2015

Time: 11am – 1pm
Venue: The Mac
Workshop: Imagination

Age: All ages

Tuesday 31st March 2015

Time: 10am – 11am
Venue: The Mac
Workshop: Another TiNY moment
Age: 0-12 months

Please text 07754859976 or email babydayengage@replaythreatreco.org
Places are limited.

Tuesday 14th April 2015

Time: 10.30am – 12 noon
Venue: The Mac
Workshop: Playing with video

Age: Babies and children

Saturday 4th April 2015

Time: 12 noon – 1.30pm
Venue: TBC please text 07754 859976 or email babydayengage@replaythreatreco.org

Workshop: We're going on a bear hunt – nature walk

Age: Suitable for 2 ½ years upwards.
(but babies welcome)

Star Neighbourhood Centre Youth Group's Warm Message

In December a group of young people aged 13-18 from Star Neighbourhood Centre and Fortwilliam Youth Centre came together in a cross community project to give back to others. Young people from both centres set up a clothing drive for hats, scarfs, gloves and socks that could be given to those most vulnerable in the cold weather. We were overwhelmed with the support that we got from the communities, with further items such as blankets and coats being donated. Young people were able to make up packages and delivered them to an emergency night shelter at Centenary House in Belfast. The shelter is run by the Salvation Army and provides much needed overnight warmth, food and safety for those finding themselves without a home or a place to stay for the night. The group had the chance to meet with the manager Martha Smyth who give a tour of the emergency shelter rooms and answered all of the young people's questions, giving the young people a real insight into the issue of homelessness in Northern Ireland. Well done to all the young people involved and thanks to everyone who showed support.

Big Turn Out at Tar Isteach Community Health Day

Almost 200 people turned up for a Community Health Day on Thursday 26th February 2015 in New Lodge Youth Centre Upper Meadow Street. The event, which was organised by Tar Isteach, provided local people with the opportunity to access a range of health checks including blood sugar/ glucose and cholesterol tests. A Man-Van was provided by Cancer Focus NI which acted as a 'Mobile Drop- In Centre' for men allowing general tests to be carried out including things like body weight, mass, fat and metabolism levels. As well as the health checks people were able to receive acupuncture and to relax and enjoy things like Sports Massage, Swedish Massage, Indian Head Massage, Reflexology,

Turkish Shaves and Haircuts, Nail Care Treatment, Eyebrow Treatments, Dry Hair Styles. Information packs were also made available including tips about Healthy Physical Activity - Healthy Nutritional Living Pack - Individual Goal Setting. In addition food and refreshments were provided. The entire event was provided to participants totally free of charge. Ann O'Neill, Training Coordinator with Tar Isteach was the organiser of the event, "We were totally delighted with the turn out. Encouraging everyone to take a greater interest and responsibility for their own health and for the health of others around them is really important. As a community group Tar Isteach wants to play a positive leadership role in as many aspects of

community life as possible including promoting a healthy life style. By organising an event such as this we are saying no matter what age you are you too can make a more positive and active contribution to improving your own health and well being, and that of your family and community. The event was a great success and besides the more serious stuff it also allowed people to enjoy a wee bit of relaxation and have a bit of craic. I would like to say a very big thank you to everyone that participated, to all of the service providers, to the community volunteers, New Lodge Youth Centre and to Lloyds Bank for funding the event".



Ten Health Tips

1. Check your weight - Find out if you're a healthy weight or whether you're at risk of serious health problems, such as type 2 diabetes, heart disease, and certain cancers. Take steps to bring your weight down if necessary.

2. Drink less - Too much alcohol leads to long-term health problems, including cancers, strokes, and heart attacks. For example, men who regularly drink more than three to four units a day are three times more likely to have a stroke. Women should drink no more than 14 units of alcohol per week, no more than three units in any one day, and have at least two alcohol-free days a week.

3. Eat less salt and fat -Excessive salt and fat in our diets is a major cause of chronic illnesses such as heart disease, stroke, and diabetes. Too much salt in your food can cause high blood pressure and make you three times more likely to develop heart disease or have a stroke.

4. Exercise regularly- The benefits of exercise aren't limited to losing weight. Even if you're slim, you'll still get health benefits from exercising. Even a small amount of regular activity such as walking can lower the risk of developing major chronic diseases such as coronary heart disease, stroke, and type 2 diabetes, by up to 50%. Regular exercise can cut the risk of premature death by 20-30%.

5. Eat more fruit and veg - For a healthy and balanced diet, try to eat five portions of fruit and vegetables a day. Research shows that eating at least 400g of fruit and vegetables a day can lower your risk of serious health problems such as heart disease, stroke, type 2 diabetes, and obesity.

6. Keep stress in check - Psychological problems,

including stress, are the underlying reason for one in five visits to a GP. If left unchecked, stress can lead to further health problems such as high blood pressure, anxiety, and depression. Learn to manage stress better and seek out healthy ways to relax.

7. Improve your sleep - Nearly everyone has problems sleeping at some point in their life. Most healthy adults sleep for an average of seven to nine hours a night. If you're not getting enough sleep, it can affect relationships, your performance at work, and it can delay recovery from illness.

8. Quit smoking -The health benefits of quitting smoking are immediate. After 20 minutes, your blood pressure and pulse return to normal. After 24 hours, your lungs start to clear. After three days you can breathe more easily, and your energy increases. Keep it up and you're adding years to your life. Research shows that people who quit smoking by the age of 30 add 10 years to their life.

9. Get a sexual health test -Many people don't notice any symptoms when they have a sexually transmitted infection (STI), such as chlamydia or gonorrhoea. If left untreated, chlamydia can affect a woman's ability to get pregnant. You can't tell by looking at someone whether they've got an infection, so it's important to get a check-up if you've ever had unprotected sex. Getting tested and treated for STIs is easier than you think, and most infections can be cured.

10. Check that lump -Cancer usually affects older people, but it can occur at any age. Detecting most cancers early means that treatment is more likely to be successful. Sometimes, noticing a small change, like a lump, changes to a mole, or unexplained weight loss, can make a big difference to your health.

If you have questions or concerns about any of the issues raised above seek advice from your GP or other health professionals.

New MUGA For North Queen Street Park

Belfast City Council is to start significant improvements to North Queen Street Park which will include a new Multi-Use Games Area (MUGA) with a new polymeric rubber surface, new goals, enhanced floodlighting and a running track. Local Sinn Fein Councillor JJ Magee has been in ongoing contact with Council Officials and has confirmed with local community workers that the works are due to commence soon and should be completed by Easter. Councillor Magee is in close contact with North Queen Street Park Committee which is made up of residents, youth workers, sports providers, community workers and St. Patrick's Primary School. The Committee meets regularly to monitor how the park is functioning. Councillor Magee said, "Over the years, this Committee has worked very hard in turning the park around from what was once an anti social hot-spot which residents actually wanted pulled down, to the present day stage where it is now a fully functioning park that the

community makes good use of. This is another step in the right direction and it will undoubtedly bring much needed benefits to individuals, families, sports clubs, youth groups and schools".



Councillor Magee with local community activists



Credit Union



Will Writing Service

In partnership with Patrick McGrath, Rafferty McGrath Solicitors, Newington Credit Union is offering a Will Writing Service to our members.

This service is offered at a discounted rate of **£60 + VAT**.

Patrick is also offering an **Enduring Power of Attorney Service** discounted to **£120 + VAT**.

The service will be offered every other Thursday afternoon starting on 26 February from 2pm -4pm. Each appointment should last 30-40 minutes.

If you wish to make an appointment please phone
Brian on 02890351040.



St Patricks FC Academy returns from Sunday 8th March from 10am - 12pm @ waterworks multi sports. The Academy runs for 16 weeks and costs £3 per week. Open to boys and girls aged 5-11yrs. Places limited and registration is required.

Please enrol your child to secure a place by visiting our website stpatricksfc.net or call **Dixie on 07720707907**. You can also send us a message through our facebook page.



Credit Union Newington Credit Union Limited

NEW MEMBERS WELCOME!!

COME TO OUR OPEN DAY

THURSDAY 19TH MARCH

COMPLETE THE APPLICATION FORM, BRING PHOTOGRAPHIC IDENTIFICATION AND A RECENT UTILITY BILL AND WE WILL JOIN YOU IMMEDIATELY.

WE PROVIDE:

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- PAYPOINT**
- JUVENILE SAVINGS ACCOUNTS**
- BURSARY AWARDS**

*CONDITIONS APPLY

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email ncu@btconnect.com

Phone 02890351040 Fax 02890743329
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Membership Application Form

Please complete all questions in BLOCK CAPITALS Ref: _____

Surname (Mr, Mrs, Miss, Ms) _____ D.O.B. _____

Forename _____ Maiden Name _____

Marital Status: Married Single Divorced Separated in Partnership Widowed

Address _____

Post Code _____ Telephone No. _____

How long have you lived at the above address? _____ years. If less than 3 years please state

Previous address _____

Occupation _____ Retired Unemployed

Name and address of Employer _____

How long have you worked there? _____ N.I. Number _____

Have you ever been a member of this or any Credit Union? Yes No

If yes, please give name of Credit Union and Membership No. _____

I hereby apply for membership of NEWINGTON CREDIT UNION LIMITED and agree to abide by the rules. I declare that the information given by me on this form is true and correct to the best of my knowledge and belief.

Applicant's Signature _____

Proposer's Signature _____ Account No. _____

Address _____

State relationship to Applicant _____

OFFICIAL STAMP:

Approved for Membership by _____ Date _____

Issued by _____ Received by _____

Enrolment fee £1.00 PAID NOT PAID

Membership Number _____



Ashton Community Trust

Bridge of Hope is a community based victims and survivors service that works with individuals, families and communities affected by the conflict in North Belfast and beyond. Over 11,500 individuals have accessed our services since we were set up in 2001. Our goal is to tackle the legacy of the conflict through a variety of holistic approaches to trauma recovery. We do this through the delivery of complementary therapies, life coaching, counselling support, legacy and conflict analysis, as well as accredited training and personal development courses. Further information can be accessed on our websites – www.ashtoncentre.com www.thebridgeofhope.org



Bridge of HOPE

Employment & Training Services has long track record of working closely with the local community. The organisation has developed strong links with local community groups, schools and employers. We are a recognised training centre for a wide range of qualifications. For the past 20 years Employment & Training Services has been delivering training and employability initiatives to the unemployed. These services are provided through 19 plus 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](#)

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



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



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.

FabLab (Digital Fabrication Laboratory) is halfway between a



FABLAB
BELFAST

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. 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

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 nbsehub@ashtoncentre.com

Kinderkids Daycare

Provide 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.



Ashton Community Trust (ACT) believes that learning begins at birth and has a profound affect on life long development and adult wellbeing. ACT acknowledges 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