

GREATER NEW LODGE COMMUNITY MAGAZINE



Ashton Community Trust

December 2016

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Social Media Links: facebook.com/ashton.centre

twitter.com/ashtoncommtrust



Work commenced on the 21st of November on a new extension to the McSweeney Centre in Henry Place which is run by Ashton. The extension will be built along the street frontage of Henry Place and will be of a similar scale and length as the existing centre.

The new work will refurbish the existing entrance area to make a staffed reception that will allow people to call into the building more easily to access support services. The building will also include a new Kinder Kids Childcare and After School Centre. This will provide places for around 70 children and create twenty new childcare jobs.

Construction Phase

Henry Place will remain open throughout the building phase which will last around 15 months. However at times the contractors will restrict parking near the site entrance gate which is roughly opposite the cemetery gate, this is so that large deliveries can be accommodated. The site is large and we hope that most contractors vans etc can be parked inside the site. The contractor will endeavour to keep deliveries outside the peak times, for example when parents are dropping off children to Kinder Kids. It is hoped that construction noise will be kept to a minimum since the building uses bored piles which are less disruptive to install.

Parking

As many residents know, much of the parking on Henry Place during the day is by commuters going into the city. Ashton have been placing an information notice about the building works on cars and this is mainly to inform out of town commuters to discourage them from using Henry Place as free parking to access the city centre. In six months time there will be some temporary work to the pavements near the building.

The new building is being funded by the Social Investment Fund (SIF) run by the Executive Office (previously OFMDFM). The contract includes social clauses and we will work to ensure community benefits in employment and training opportunities.

New Jobs and Services

The new centre when complete will improve the setting of Henry Place and essentially finish the development of the street. There will be new parking to the rear and users will be able to drive

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02890 742 255



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



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Health and Social Care Awareness
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No Experience or Qualifications required
10 Week Course

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



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



Ashton Community Trust
Employment & Training Services

Community Family Support Programme

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

Eligibility
Each family participating on the programme must have at least one person aged 16+ who is not in education, employment or training
Families must live in North Belfast.

Some of the programmes available

- Basic DIY
- Conflict Management
- First Aid
- Anger Management
- Shape Your Health
- Life Coaching
- Healthy Eating
- Colour Breathing Relaxation Therapy
- Stress Management
- Smoking cessation
- Cook It
- Youth Development
- Safe Social Media
- Money Management
- Positive Parenting

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

This project is part funded through the Northern Ireland European Social Fund Programme 2014-2020 and the Department for the Economy.



Community Contact Numbers

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

BRIDGES SEWING

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

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



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Ashton New Build

Continued from Page 1

through the existing centre parking and reconnect to a new exit, thus reducing the congestion at the corner and current turning area. There will also be a new ground floor shop front unit and it is anticipated the Bridge of Hope project will return along with other community services and uses. It is hoped that the new centre and landscaped area at the end will make the street safer to use, brighter and more reassuring to walk along, especially at night. Paul Roberts Ashton CEO said, "This new development marks a further progression in our ongoing efforts to regenerate the area. When complete the new building will create new jobs and house a number of important projects that will increase the level of service provision for local communities".



Waste ground where the new centre will be built

Public Information

On Thursday night 17th of November there was a public information meeting in the McSweeney Centre, to answer questions from residents. Ashton will host another similar meeting in the near future to provide people with a further opportunity to view and talk through the plans. If you have any queries or concerns please contact Louise Hunter at the main Ashton Centre 02890 74 22 55.

Ashton Community Bursaries



The seventh Annual Ashton Community Bursary Awards took place on Thursday 24th of November 2016 at the McSweeney Centre in Henry Place. The Awards provide assistance to local volunteer based community projects that have extremely limited access to funding opportunities. During the past seven years Ashton Community Trust has granted over 90 Community Bursaries to a range of community groups from the Greater New Lodge. So far this has amounted to around £40,000. Representatives from 13 local groups attended the ceremony where they were presented with cheques. John Fleming is a Director on the Board of Ashton Community Trust, "Each year the Ashton Community Trust organises the Bursary Awards in order to salute the magnificent work of local volunteers who give up their time on behalf of the local community. Volunteers are the backbone of communities, they help boost community spirit, build capacity and bring out the best in people. The various community volunteers that work in the New Lodge contain people of different ages, different interests and with different life experiences. However they have one thing in common they

are committed people that feel strongly about their community. As a way of acknowledging their tremendous efforts we in the Ashton Community Trust are delighted to be in a position to help these groups through providing them with some direct financial assistance".

The 13 groups that received bursaries this year were;

- Belfast Kronk Boxing Club
- Dockers ABC
- Greater New Lodge Irish Historical Society
- Greater New Lodge Safer Streets Committee
- New Lodge Commemoration Committee.
- New Lodge Community Christmas Party Committee
- New Lodge Housing Forum
- O'Neill & Alsopp Memorial Flute Band
- Patsy Quinn ABC
- Saint Patrick's FC
- Saint Patrick's Young Men FC
- Star ABC
- TAHMI

North Belfast Drugs and Alcohol Issues Workshop

A major event aimed at engaging with practitioners that support people experiencing alcohol and drug issues took place on Friday 18th November at Belfast Castle. The interactive workshop was

those with an alcohol and/or drug problem and their families". "Today's event provided an opportunity to showcase the support that is available and to share good practice. It also allowed a wide range of professionals involved in drug and alcohol services to gain a greater understanding of the issues in North Belfast and how we can work together to improve the lives of everyone in the community."

Head of Victims and Mental Health Services at Ashton Community Trust Irene Sherry said a more effective and collaborative approach was required in the face of significant alcohol and drug misuse levels particularly in the North Belfast area.

"We know the devastating impact substance misuse is having on individuals, families and communities. We know that parts of Belfast are continuing to experience levels of extreme poverty, unemployment and poor mental health and it is fair to say that all of these factors are playing a part in the demand being placed on current drug and alcohol services.

"Experience shows us that working collaboratively together can make a difference. At this event we had nearly 100 people come together to showcase programmes, services and referral pathways that work to support young people, adults and families in Belfast. Practitioners also had the opportunity to share best practice and knowledge.

"We now intend to analyse the feedback received and we will be sharing that with participants. We are keen to identify trends, patterns and opportunities that can enable community partners and funded services to be more 'joined up' and to see how we can better address these significant health and life issues. Chair of North Belfast DPCSP, Cllr Nuala McAllister, said: "The North Belfast DPCSP is eager, along with other statutory and community-based agencies, to promote inter-agency work on these two very important issues. It is only by working together that we can combat alcohol and drug-related issues impacting communities, families and individuals on the ground."

For information on drug and/or alcohol services in your area visit the 'Services Near You' section of www.drugsandalcoholni.info If you or someone you know is in distress or despair, call Lifeline on 0808 808 8000. The helpline is available 24 hours a day, seven days a week. You can also access the Lifeline website at www.lifelinehelpline.info



spearheaded by groups working in the North Belfast area and was supported by the Public Health Agency (PHA), Belfast Drugs and Alcohol Coordination Team (BDACT) and the North Belfast District Policing and Community Safety Partnership (NBDPCSP).

Irene Sherry of Ashton Community Trust, Jo Murphy of Lighthouse and Father Martin Magill, former parish priest of Sacred Heart, invited a wide range of organisations providing services in North Belfast to attend.

C.E.O. of the Belfast Health and Social Care Trust, Dr Michael McBride launched the event. "The scale of health inequalities affecting deprived areas like North Belfast is of tremendous significance. For those working at the coal face of this sector, drugs and alcohol consistently feature as significant presentation issues in situations of complex need. Working together in tackling these issues is vital. This event is warmly welcomed and highlights again how valued and important this work is in supporting people who are struggling with addictions."

Head of Health and Social Wellbeing Improvement with the PHA in Belfast, Séamus Mullen, said: "Tackling drug and alcohol misuse is a complex issue that requires a coordinated approach. Across the region there are a number of PHA funded services in place to offer information, advice and/or one-to-one support to

Lights, Camera, Action – Harbourview Film Project

Still buzzing from their great Street Art project during the summer, kids from Harbourview Apartments in Belfast are now turning their hand at producing a short film. This is an opportunity for the kids here to showcase their interests and talents as well as expressing their views about living in Sailortown. The making of the video will give the kids an opportunity to get hands on experience of different film making processes like developing a story board, sound recording, and working the camera.

At the end of the 12 week project the kids from Harbourview will have created a movie that they can then present to their parents, friends and school teachers at their very own movie screening.

Clanmil is working in partnership with New Lodge Arts and New

Lodge Youth Centre to deliver the Film Project at Harbourview.



DRUG AND ALCOHOL SUPPORT SERVICES

BELFAST HEALTH AND SOCIAL CARE TRUST AREA

Date of publication: NOVEMBER 2016
Disclaimer: Whilst every effort has been made to ensure the accuracy of the information provided in this directory, we do not accept any responsibility or liability for any errors that have occurred. It is recommended that you always check directly with providers that their service or organisation meets your requirements.

This publication can also be downloaded from www.drugsandalcoholni.info



Services for Adults

Community Drugs Programme

One to one and family support, auricular acupuncture, mentoring and onward referral service.

Open Access

Falls Community Council

Tel: 028 9020 2030

Alcohol Intervention Service

One to one support for alcohol misuse (brief/ extended interventions). Family members can also get advice and support - regardless of whether their significant other is seeking help.

Open Access/Self Referrals Accepted

ASCERT

Tel: 0800 254 5123

Low Threshold Services

Aimed at those who misuse alcohol and/or drugs at harmful levels and/or in harmful ways but who are unable to commit to formal treatment (including chronic drinkers & injecting drug users).

Open Access/Self Referrals Accepted

BHSCT Drug Outreach Team

Tel: 028 9504 1433 or 028 9504 7301

Extern Alcohol Housing Support Service

Tel: 028 9033 0433

Community Based Adult Services

One to one therapeutic treatment and support service for those aged 18+ misusing alcohol and/or drugs. Family members can also get advice and support - regardless of whether their significant other is seeking help.

Open Access/Self Referrals Accepted

Addiction NI

Tel: 028 9066 4434

Dunlewy Addiction Services

Tel: 028 9039 2547

Statutory Addiction Service

Provided by a range of specialist teams within community and hospital settings.

GP/Health Professional Referrals

BHSCT

Tel: 028 9073 7547

Residential Addiction Treatment Centre

6 week residential programme.

Addiction Service Referrals

Carlisle House

Tel: 028 9032 8303

Young People/Family

One Stop Shop

A youth friendly, holistic health and wellbeing service where young people, aged 11-25, have opportunities to socialise and to get advice and support on a range of issues.

Open Access

Extern

Tel: 028 9084 0555

Community Drugs Programme

Drug and alcohol education and awareness programmes, accredited and non-accredited, targeted at young people and/or parents.

Open Access

Falls Community Council

Tel: 028 9020 2030

Strengthening Families Programme

Parents and children participate in the 14-week SFP, both separately in teen and parent sessions, and then together in family sessions.

Targeted at At-Risk/Vulnerable Families

ASCERT

Tel: 0800 254 5123

Targeted Lifeskills Service

For young people, aged 11-25, focussed on lifeskills and harm reduction.

Targeted at At-Risk/Vulnerable Groups

LYMCA

Tel: 028 9267 0918

Steps 2 Cope

Provides one to one support and self help resources to young people, aged 11-18, affected by a parent's use of alcohol.

Open Access/Self Referrals Accepted

ASCERT & Barnardos

Tel: 0800 254 5123

www.steps2cope.co.uk

DAISY

One to one and group therapeutic treatment and support service for children and young people aged 11-25. Family members can also get advice and support - regardless of whether their significant other is seeking help.

Open Access/Self Referrals Accepted

Start 360 & ASCERT

Tel: 028 9043 5815

Pharos

Therapeutic treatment and support for families and children affected by parental alcohol and/or drug misuse.

Social Services/Addiction Services Referrals

Barnardos

Tel: 028 9066 3470

DAMHS (Drug and Alcohol Mental Health Service)

A range of therapeutic support services for young people aged under 18 with significant mental health and substance misuse difficulties.

GP/CAMHS Referrals

BHSCT

Tel: 028 9063 8000

Specific Groups

Needle and Syringe Exchange Sites

Boots

35 Donegall Place
Tel: 028 90242332

McGregors

30 Botanic Avenue
Tel: 028 9031 0045

Group Support

Call or go online to find a meeting near you:

Alcoholics Anonymous

12 Step Programme/Group Meetings
Tel: 028 9043 4848

www.alcoholicsanonymous.ie

AlAnon

Group Support for Family Members
Tel: 028 9068 2368

www.alanonuk.org.uk

Alateen

Group Support for Teenagers
Tel: 028 9068 2368

www.al-anon.org/for-alateen

Narcotics Anonymous

12 Step Programme/Group Meetings
Tel: 07810 172 991

www.nanorthernireland.com

Community/Stakeholder Support Belfast Drug & Alcohol Coordination Team/Connections Service (BDACT)

The DACT Connections Service provides information, advice, signposting and awareness raising (via info sessions and by organising local, and supporting regional, events and initiatives) to a range of community and stakeholder partners.

Tel: 028 9590 1845

www.drugsandalcoholni.info

connections@bdact.info

Workforce Development Training Programmes

A range of drug and alcohol training courses for those working with adults, children and young people.

ASCERT

Tel: 0800 254 5123

Drink, Work and Me

Offers one to one and online support alongside training to enable employers to recognise the impact of alcohol related harm on the individual and the workplace.

Addiction NI

Tel: 028 9066 4434

www.drinkworkandme.com

AD:EPT2

Provides throughcare support (on release from prison) for prisoners and their families where alcohol is an issue.

Start 360

Tel: 028 9043 5810

For more detailed information on services available in your HSC area visit:
www.drugsandalcoholni.info



In Crisis? Lifeline

24/7 CRISIS RESPONSE HELPLINE
0808 808 8000

Open Letter To Housing Associations

Almost twenty years ago the Housing Executive (H.E.) ceased to be builders and providers of social housing, this would now be the responsibility of Housing Associations which began to form as large organisations such as Belfast Improved Homes (B.I.H. now Helm) or smaller like Habinteg. Unfortunately one thing they didn't have was a connection with the community.

Over the years a relationship has developed between the community and the H.E. The local housing forum meet the H.E. regularly to discuss New Lodge affairs, this group then sends representatives to the North Belfast Housing Community Network to discuss wider problems, N.B.H.C.N sends reps to the regional Housing Community Network which covers Belfast and is attended by the Belfast Housing Manager and then on to the Central Community Network covering all of the North. This is attended either by the Chief Executive or Chairman and means issues can be passed up and then reported back down through all echelons of the Executive. As the H.E. are still the biggest social landlord in the north this will continue for some time but as tenants continue to buy their properties, every year the H.E.'s stock becomes more and more depleted and Associations are becoming prominent as social providers.

Housing Associations must realise that they are building and enlarging communities and have a responsibility to those communities, they cannot continue to collect rent every week while shirking the responsibility that goes with it. A typical H.A. rent of £97 for a one bedroom flat breaks down as follows, rent £63.43, rates £8.79, service charge £16.18, support charge £8.79. The service charge covers maintenance and costs of communal lighting, lifts, security etc. and support charge covers upkeep. Associations have in the past refused carry out their responsibility on the grounds of vandalism and anti-social behaviour but this is unacceptable, if you refuse to do the work stop taking the money.

Vandalism and A.S.B. are everyone's problem and is best tackled together and here in Greater New Lodge we have several organisations and inter agency forums to do just that, unfortunately some H.A.'s are not enthusiastic about taking part. When pressed they will send a rep to meetings but without any

real input and problems are repeatedly unsolved. This does not need to be the case, to understand the problems in a community you need to be part of that community and work together, not only to overcome them but to recognise them in advance.



This is not fantasy and is indeed already happening, we in this community will always point To Newington Housing Association as an example of what a H.A should be. Newington are partners and altogether a part of this community, we do not need to invite Newington to anything that is going on they will insist on being part of it. Here are some of the groups striving to improve the quality of life for our community which Newington are part of; Greater New Lodge CEP, Safer Streets, Intercomm Multi Agency, Duncairn Community Partnership, Events For All and several cross community partnerships.

We would obviously be encouraging other H.A.'s to follow Newington's example for all the reasons mentioned but surely it would make sense that if there are more than one social provider in an area they should be talking to one another, we believe all other housing associations need to embrace this community and become an integral and willing part of it working together for the betterment of all.

Liam Wiggins
Chairperson New Lodge Housing Forum

Community Pharmacy Programme

St Patricks Football Club has been delivering a Community Pharmacy programme in partnership with local pharmacist Paul Linden. This is being achieved through an initiative that encourages youth leadership to tackle social issues affecting young people.

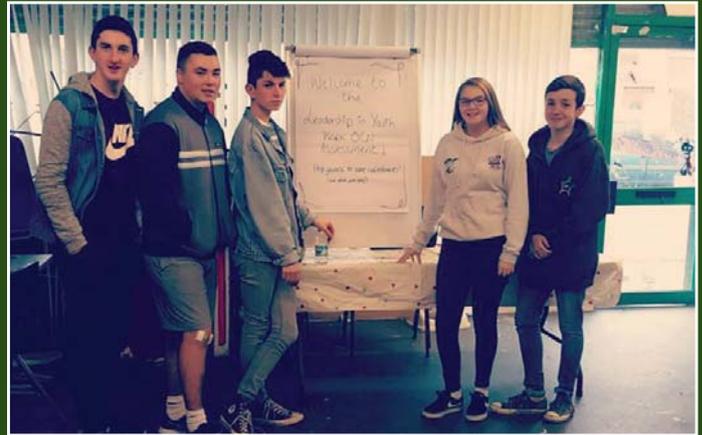
The programme looks at drugs, alcohol and mental health working alongside the locally based THAMI Project. So far the programme has been well received displaying positive changes in attitudes. The young people involved are taking the lead in planning some exciting projects for 2017.

Patrick Downey Project Coordinator said "Our club has a massive focus on community engagement. We invest in youth leadership and we ask for some voluntary hours in return to help others in the local area. We also encourage and support our older kids to act as role models for the younger generation. Thanks to Paul Linden and the community pharmacy initiative we have pulled together a great programme that we can install as a constant within our club".



New Lodge Arts Young Leaders Achieve their OCN

A group of young leaders (aged 14-17 years), have recently completed their OCN qualification, Leadership in Youth Work OCN (Level 2). This qualification was delivered over around 16 sessions, with all young people committing fully both in and out of sessions. In total the young people contributed at least 40 hours work to this. The content of the qualification focused on the basics of youth work, communication and teaching young people how to plan and deliver a youth work session. The main outcome of this qualification, as well as learning, is that at the end of the process the young people are equipped and capable of delivering their own youth work session to their peers. All young leaders successfully delivered their sessions to their peers and course tutors, on behalf of New Lodge Arts we would like to say well done to all involved! We will be delivering this qualification again in early 2017, if you would like more information, please contact Orla Hawkins on 02890742255.



From left to right: George Savage, TP Ward, Manus Corr, Niamh McGeown, Sean Monaghan. (Missing: Chloe McLaughlin).

Bridge Of Hope New Year! New You!

2017 is literally around the corner and Ashton's Bridge of Hope department is super organised for that 'New Year - New You' energy with a raft of Super Motivational training programmes at McSweeney Centre in Henry Place.

Understanding Stress for Personal Growth 7 January 2017 @ McSweeney Centre

Take 5 Resilience

9 January 2017 @McSweeney Centre

Take 5 Resilience

23 January 2017 @ McSweeney Centre

Communication and Confidence

27 February 2017 @ McSweeney Centre

So in anticipation of this New Year Resolution, make looking after yourself a priority. Learning how to better deal with stress and adversity is important for all of us and there's no better time than the New Year to take the leap and gain new life skills. At Bridge of Hope we take a holistic approach to health and well-being. Our programmes treat the body and mind as a whole and aim to provide and equip you with tools to move forward with positivity. There are no previous skills or qualifications required to register for any VSS funded Bridge of Hope training programme and the qualified tutors facilitate a bespoke course every time. So get in touch with Training Co-ordinator Mary Stanton on 028 90322289 at the McSweeney Centre and book your spot today. You can also email Mary on mary.stanton@ashtoncentre.com. 2017 let's get started!



Ashton Community Trust

Food Bank COLLECTION

Ashton Community Trust in partnership with the North Belfast Advice Partnership is collecting items for the North Belfast food bank. The food bank helps local families who are struggling financially and provides them with basic supplies.

If you would like to donate one or two of the following items listed below to the Ashton Centre reception, it would be greatly appreciated. Once we have collected the items, we will deliver them to the emergency food bank which will ensure that they are able to continue to support families in need in North Belfast.

Suitable food items include:

- Rice/pasta/noodles
- Jar of sauces – chilli/curry/Bolognese
- Soups
- Jams
- Sugar/tea/coffee
- Tins of potatoes/peas/carrots/beans
- Super noodles/pot noodles
- Tins of fruit/creamed rice/custard/jelly (for kids)
- Diluted juice
- Cereals
- Tins of tuna/ham
- Long life milk

Toiletries

- Shower gels
- Soap
- Toothpaste
- Toilet rolls
- Shampoo



Your support is greatly appreciated and will contribute to helping children and families in need in North Belfast.

The closing date for items is the 16th December 2016.



Colombian President Visits Girdwood

As part of his recent visit to Belfast the President of Colombia Juan Manuel Santos came to see the new Girdwood Community Hub. President Santos, who was awarded the Nobel Peace Prize earlier this year, is currently involved in negotiations to find a peace agreement with the Revolutionary Armed Forces of Colombia (FARC), a left-wing guerrilla movement that has been involved in the continuing Colombian armed conflict since 1964. Over the decades, an estimated 250,000-300,000 people have been killed and some three million people have been internally displaced by the fighting in Colombia.



Community reps with Colombian President - second from right

President Santos and his officials took time out to meet with cross community representatives from the neighbourhoods surrounding Girdwood during his visit. Amongst those present at the meeting was local woman Rosemary McGreevy from the Thorndale/Duncairn/Kinnaird Residents Group. Rosemary said, "It was a good discussion and I genuinely believe the President was intently interested in hearing the views of ordinary people like myself about how divided communities coming out of conflict could try and work together. I told him that although it was difficult at times the simple fact was you don't have to make peace with your friends but with your enemies".

Paul O'Neill of Ashton Community Trust also met the President, "Our conversation largely centred on the challenges involved in sustaining forward movement in conflict transformation. I told him that in North Belfast the redevelopment of Girdwood was a positive step. However I also explained that there remained many issues preventing social justice and a more progressive transition particularly for people in working class communities such as our own. Economic under-investment, social deprivation, housing inequality, unresolved conflict legacy issues, ongoing discrimination and stigmatising against political ex-prisoners and former activists were among some of the topics that I raised".

Belfast Works LEMIS+ Project

"We offer a completely free service to help you recruit the most suitable people for your business!"

- ⊕ Personalised and confidential support to meet your specific recruitment requirements
- ⊕ Vacancy advertising throughout our Belfast citywide network
- ⊕ Tailored pre-employment training packages to target skills gaps
- ⊕ Range of services from CV vetting to organising interviews
- ⊕ Use of our Belfast citywide facilities for interviews and recruitment open days
- ⊕ Ongoing assistance and support from our team to ensure staff retention
- ⊕ Support in meeting "Social Clause" requirements for public sector contract bids (e.g. Buy Social)

For more information contact: Sam McDonald
LEMIS+ Employer Liaison Co-ordinator
Tel: +44 (0) 28 90751934
Email: sam.mcdonald@ashtoncentre.com

www.lemisplus.eu

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



Are you aged 16-24?

Not in Education, Training or Employment

- FREE Training & Qualification
- Employability Skills Training
- Get a CV & explore job opportunities
- FE Careers Advice
- 1:1 Mentoring Support

Financial Incentives Available

Training available in a wide range of areas:

Retail - Warehousing - Nails & Beauty - Catering

Construction & CSR - Health & Social Care - Childcare - First Aid - Food Hygiene

Call Centre Training with Guaranteed Interviews

Why not pop down and see us today!
At: 20 Cliftonville Road, today.
Or: Call us on 028 95 609522



If you are interested then please contact Betty on 9560 9522 or betty.murray@ashtoncentre.com for more information.

This project is part funded through the Northern Ireland European Social Fund Programme 2014-2020 and the Department for the Economy.



www.facebook.com/AshtonEmploymentServices

Support for Young People with Challenging Behaviour and/ or Social or Communication Needs

Ashton Community Trust is partnering with Cedar Foundation to provide three new programmes in New Lodge Youth Centre for children and young people from North Belfast with challenging behaviour and/ or social or communication needs. Programme details can be found below. Places are limited and referral is through the Lower North Belfast and Upper North Belfast Family Support Hubs. Contact details for the Family Support Hubs can be found below.

- Wednesday, 4 – 6pm: 11 – 15 years (in secondary school)
- Saturday, 11.15am – 12.45pm: 7 – 11 years (in primary school)
- Saturday, 2 – 4pm: 11 – 15 years (in secondary school)

Upper North Belfast Family Support Hub
 Coordinator – Karen McLean
 The Vine Centre
 T: 028 90 351020
 E: uppernorthfamilysupport@vinecentre.org

Lower North Belfast Family Support Hub
 Co-ordinator – Edith McManus
 Ashton Community Trust
 Tel: (028) 90 749986
 E: edith.mcmanus@ashtoncentre.com

Tar Isteach Holds Public Information Session DLA to PIP



Agnes Fraser addresses audience

Tar Isteach organised a public meeting on Tuesday the 22nd November, in the Baptist Church, 246 Antrim Road to explain to citizens the changes occurring in relation to Disability Living Allowance 'DLA' which is being phased out and replaced with the Personal Independence Payment 'PIP'.

The audience was told that over the next two years everyone in receipt of DLA between the ages of 16 to 65 will be reassessed by a Health Care Practitioner.

Agnes Fraser who manages Tar Isteach's welfare rights service explained the process and how the changeover will affect claimants. The meeting provided people with an opportunity to ask questions about the new benefit and the process of how it will be phased in.

Speak to an Advisor

Tommy Quigley Manager of Tar Isteach said , "We cannot emphasise enough that all claimants should make sure to contact a qualified welfare rights adviser to help them deal with any correspondences or when filling in any forms in relation to their benefits. This applies both when making new applications or renewing any existing claims".



star neighbourhood centre
no failures just different levels of success

**You are cordially invited to the
 Annual General Meeting
 Of Star Neighbourhood Centre
 Friday 16th December 2016 1.00pm**

Lower North Belfast Family Support Hub

The Lower North Belfast Family Support Hub has now been operational for 15 months and continues to go from strength to strength with the amount of referrals from schools, GPS, community organisations and indeed self-referrals increasing every month. The Family Support Hub provides early intervention services to families and young people requiring support. The Hub brings together different organisations that deliver services to children and young people from the age of 0-18 and their parents or carers. Currently the Lower North Belfast Family Support Hub has more than 50 community, voluntary and statutory partners that provide a wide range of services to families based on individual need.

The Hub can help families at many difficult times whether it is dealing with the challenging behaviour of children/teenagers, if a family is dealing with debt, social isolation or a member of the family is dealing with drug or alcohol misuse or if a parent is suffering from mental ill-health-indeed any of the negative life experiences that impact on a family's ability to be the best it can be.

Should you have any queries about the Hub or should you wish to refer your family to the Hub please contact Edith McManus, the Lower North Belfast Family Support Hub Co-ordinator at the Ashton Centre 02890 749986.



Christine McKeown Chair & Edith McManus Co-ordinator

Training and Employment

The last three months have undoubtedly been some of the most successful in the recent history of Training and Employment with celebrations, new services, new projects and many new clients all contributing to an exceptionally busy period. The articles below will give you some of the highlights but as always it's in the success of individual clients that we see the most important work of our department which is why we have focused on one client story alongside information about events and services.

Lemis+

Lemis+ Project: Lemis+ prides itself on helping clients most in need but they are aware that there are clients that they have not been engaging with. The technical description is people who are economically inactive but in real terms this means people who are not working usually because they have a health condition or they are caring for a relation. The numbers of people who fall into this category are enormous and they are highest in deprived areas of Belfast where they could reach 50% of the population. Many of these people are not able to work due to the seriousness of their condition and of course they deserve all of the help that they need. However there is also a section of this group that could work if they had the right help and support.

This is where our new wellbeing for work service comes in. The service is specially designed to support people who have had health issues and been out of work for some time. The service co-ordinator Fiona Keane said "We know that our service will play a key role in helping people back into work. Our clients will have many barriers to overcome but with the right approach we know that we can get them back on the road to employment."



Wellbeing for Work Service Team

The service is being rolled out across the city with a team of seven coaches being placed with the Lemis+ partners in North, East, South, West and Shankill areas. The coaches are currently establishing outreach centres which are likely to be embedded in health organisations such as Doctor's Surgeries, Healthy Living Centres and Wellbeing Centres. It is expected that the coaches will build up good relations with health service staff who will in turn understand how engagement with our service can actually improve their situation by building confidence and giving people a route back into employment.

The service itself will be based on a life mapping approach which will look at the client's current situation and where they want to get to and then will help them plan out how they get from one to the other. It is to be expected that confidence and self esteem

are likely to be major barriers to the client progressing as is their fear of moving off benefits. A coach will accompany the clients on their journey throughout and they will be best placed to help clients think through their attitude to work.

If you are interested in finding out more about the service please contact Fiona Keane, the service co-ordinator in Ashton Community Trust Fiona.keane@ashtoncentre.com 90742255

Celebration Event

In other news Lemis+ held a very successful celebration event and jobs fair in the City Hall on the 30th September. At the celebration event the Lord Mayor, Brian Kingston and Meave Hamilton, Head of the ESF Management Authority congratulated the project on their work so far. They also handed out awards to four clients of the year and employer of the year. At the same time that the celebration was happening inside the City Hall a jobs Fair was being organised in a marquee outside in the grounds of the City Hall. Over 30 employers who were recruiting for over 1000 jobs were present and over the whole of the day 100s of Lemis+ clients and members of the public came in to get more information about the jobs.



If you interested in joining the Lemis+ project contact Michael on 90742255 michael.mccluskey@ashtoncentre.com

Core

The Core project has busy helping young people in North Belfast to access training and find work. October was actually the projects busiest to date with 47 clients enrolled and 15 of them finding work. As was stated in the introduction it is in the individual stories that we really see the value in the work so in this magazine we want to highlight Cara Donnelly's story.

Cara was living in Flax Foyer when she first joined the Core project. Flax Foyer provides housing support to young people in need and Core has been working with them for a number of years now to provide training and employment support. Diane McGreevy, Cara's mentor saw a video of Cara signing and was extremely impressed. Diane set up a meeting with Dee Crooks of NACN Coole Studio Productions who has been helping young people from disadvantaged backgrounds by providing time in a proper recording studio. On her first visit to the studio Cara recorded a song that got over three and a half thousand views

on Facebook and extremely positive feedback. The studio has offered her further support in the shape of training from a vocal



coach and contacts in the music industry and Cara hopes to develop her talents further. Diane said "What Cara has achieved is amazing, I knew she was really talented when I first heard her sing but she has gone from strength to strength from that. I have also seen Cara develop as a person, her confidence has improved and although she still has a little way to go I can see a great improvement in her situation." You can see Cara's video on facebook if you search up NACN Coole Studio Productions.

The Core Project at Ashton Community Trust is based at 20

Cliftonville Road, Belfast. We work with 16 -24 year olds, not in education, training or employment. We deliver employability services across a range of training, with 1:1 mentoring support from our team of experienced staff. Call the CORE team on 028 95 609522

Community Family Support Programme

The Family Support Programme offers a whole family approach to employability. There are currently 22 families on the programme and recently another 16 families joined to do a parenting class. The programme will involve a healthy homes section looking at the whole family, advice on physical activity for parents and children, advice on healthy eating / eating on a budget and personal development for parenting.

The course will help build the confidence of the parents and support them to create a stable environment in the home so that they can start to address their training and employability needs.

You can get involved in the Community Family Support Programme by contacting Jeanette on 9560 9522 jeanette.burns@ashtoncentre.com.

In addition to the programmes above Training and Employment are still running the Co-Ment programme which is an employability programme for young people (contact Tracy 9074 2255 tracy.mcwhinney@ashtoncentre.com) and CALL/ICT which is offering Essential Skills courses in English, Maths and ICT (contact Hilary 90322289 hilary.adair@ashtoncentre.com).

Upcoming Training Courses

Course	Start Date	No of weeks	Contact
Level 1 Retail and Customer Service	17th January 2017	2 weeks x 3 days	Betty Murray 95609522
CSR card	22nd January 2017	1 day	Betty Murray 95609522
Level 1 Nails and Beauty	6th February 2017	9 consecutive days	Betty Murray 95609522
Level 1 Design Software & Level 1 Graphic Design	20th February 2017	4 days	Betty Murray 95609522
Level 1 Catering & Hospitality	13th February 2017	3 days a week for 3 weeks	Betty Murray 95609522
Level 1 First Aid	13th February 2017	1 day	Betty Murray 95609522
Construction -Health and Safety -Manual Handling at heights -CSR	1st March 2017	3 days	Betty Murray 95609522
Childcare Level 1	20th January 2017 9.30am - 12.30pm	One session a week for 8 weeks	Debbie McQuillan 90742255
ECDL Essentials	11th January 2017 9.30am - 3.30pm	One session a week for 6 weeks	Debbie McQuillan 90742255
Hospitality Level 1	19th January 2017 9.30am - 12.30pm	One session a week for 9 weeks	Debbie McQuillan 90742255
Personal Development Classes (non accredited)	Running every Monday morning		Debbie McQuillan 90742255

NORTH BELFAST LANTERN FESTIVAL

The seventh North Belfast Lantern Festival was held on Wednesday 26th & Thursday 27th October 2016. Outreach lantern making workshops began in September and we had 30 local school, afterschool and community group workshops held during this period. Overall there were approximately 1,000 young people involved in very creative activities and they made some beautiful lanterns to take part in the parade. Approximately 4000 people participated in the Festival.

Community Pride

The North Belfast Lantern Parade is part of the North Belfast



Community Pride Programme which is funded through OFMDFM's Good Relations Programme and led by Ashton Community Trust. This programme is delivered by New Lodge Arts and supported by a steering group of various North Belfast based youth and community organisations. Other funders for this project include Belfast City Council, Duncairn Partnership, IFI and DPCSP.

The parade left Girdwood Community Hub and made it's way to Alexandra Park. There were approximately 700 children and adults taking part in this fabulous carnival along with performers from Fire Poise, The Beat Initiative, Uplift Theatre Company, Kollizion Dance Group and Friendly Faces.

Roald Dahl Evening

The Roald Dahl Evening in Alexandra Park was fantastic not only because the weather stayed dry but due to the evening's entertainment that was filled with street performers, music and visual arts. The night would not have been complete without finishing off with a fabulous fireworks display. The whole event was an excellent example of communities working together to promote good relations and maximise the use of shared space whilst being a great showcase for the positive contribution children and young people make to our communities.

Good Relations

Cecilia Heron Good Relations Arts Worker for New Lodge Arts said. "We are delighted with the success of the event this year. The move to Alexandra Park was obviously a very positive step and the feedback has been fantastic. We are thankful to the schools and community groups that took part in our outreach programme this year. I would also like to extend my thanks to our staff, artists, volunteers, event management group,

community pride steering group members and the participants of the seventh North Belfast Lantern Festival".

Survey Results!

Here are some of the survey results that have been taken to measure the impact of the project.

- Before attending the event - 44% of those surveyed indicated they would be very willing to attend events in Alexandra Park
- After attending the event – 87% of those surveyed indicated they would be very willing to attend events in Alexandra Park
- Before attending the event 62%– of those surveyed said they felt very positive about people from a different community background
- After attending the event 77% – of those surveyed said they felt very positive about people from a different community background



Quotes

I thought Alexandra Park was an amazing venue for this event. it was so brilliant to see both sides of the park opened up to be enjoyed by the whole community. The event was fantastically organised and the actors were out of this world. The volunteers were all so dedicated and very helpful also. The outdoor cinema was brilliant! My three boys loved it and really enjoyed the lantern festival. A big thank you to all involved, we had two brilliant family evenings out.

I work in an integrated primary school so I am in contact with



people every day from different background/cultures. I feel this is a great way of pushing through barriers, more cross community events.

The new event venue worked very well, it was amazing! I loved the way the park was lit up with different lights and huge art pieces. Everything was really stunning and it was one of the best free nights I have ever seen and had with my kids!! Can't wait to see what you guys come up with next !!



Beauty and the Beast

Ashton Community Trust

Girdwood Community Hub

Tuesday 6th & Wednesday 7th December at 7pm.

Contact - Cecilia Heron
New Lodge Arts on 02890742255
cecilia.heron@ashtoncentre.com
This is produced by New Lodge Arts

Tickets are available from New Lodge Arts office. Cost £3 each. All children must be accompanied by an adult.

LOTTERY FUNDED | Belfast City Council | Children in Need | Executive Office | N.E.C.P. | Tudortrust | THIS IS A TICKET ONLY EVENT

NORTH BELFAST CHRISTMAS PANTO

Auditions for our fifth North Belfast Christmas Panto took place the week commencing 24th October 2016. Auditions were held in North Belfast venues to a total of 48 participants. Cecilia Heron Good Relations Arts Worker for New Lodge Arts said. "The talent was extremely high and after much consideration the artistic team have decided on 29 young people to take part. We are extremely excited about the Christmas Panto this year. Our young people have been working very hard with a fantastic artistic team to bring you a panto that is fit to be performed in the Grand Opera House. I am very proud of each young person for fully committing to this project."

Rehearsals take place each weekend in Hammer Youth Club and New Lodge Youth Centre. There will be two showcases of our Christmas Panto Beauty and the Beast in Girdwood Community Hub on Tuesday 6th & Wednesday 7th December at 7pm. Tickets cost £3 each and are available from New Lodge Arts office. Entry is by ticket only and all children must be accompanied by an adult.

**Tickets Available From
New Lodge Arts Office,
Ashton Centre Price £3**

The 174 Trust Disability Project

Over the past eighteen months Sean, Roisin and young people from the New Lodge Youth Centre have been volunteering with the 174 Trust Disability Project every Tuesday evening and recently on a Wednesday evening as well. Our youth club on a Tuesday night is for young people aged 11 – 18 years old who have a learning disability, physical disability or sensory loss. Our Junior Group on a Wednesday is for children aged 5 – 11 years old with the same disabilities as our teenagers. The benefits of this joint working are:



1. The children who attend our setting are all severely disabled and attend special schools and do not attend any other settings apart from ours in the evenings. This severely reduces our children's and young people's opportunity to mix socially with their able bodied peers.
2. On the other hand, the able bodied group have no idea of what it is like to meet a disabled child or teenager and mix socially with them. Having spent time with our disabled young people the able bodied group gain an insight into what it is like to be disabled in Belfast.
3. Once the able bodied teenagers acknowledge their apprehension and overcome their fears they soon see the young person and not the disabled person. This is a great breakthrough for everybody involved in this new project.
4. Our disabled young people love having friends who are not disabled and quickly form friendship with the young people and staff from the New Lodge Youth Centre.
5. As someone who has worked with these disabled children and young people for 14 years it is great to see barriers being broken down and see our kids and the youth centre kids coming together to plan activities together.
6. By running projects like these with the New Lodge Youth Centre I think we can truly break down the barriers our young disabled people face in society.
7. As a charity, our resources are severely limited in what we can offer our young disabled people in terms of activities and outings. The young people from the New Lodge Youth Centre successfully secured funding to fund activities and outings. This caused great excitement

among my young people who thoroughly enjoyed the new experiences.

8. The young people from New Lodge Youth Centre organised a formal for my young people. The young people from the New Lodge Youth Centre took control of all arrangements – dinner, music, decoration, photographer etc., My young people were super excited about this and came to the formal in full formal wear. Everybody involved in the two projects had a wonderful night. A formal is something my young people would not normally get to do so this was very special for them and their families.
9. Real friendships are formed. The young people from the New Lodge Youth centre pushed themselves in terms of acceptance and gained a valuable lesson. I personally feel these types of projects should be rolled out more in the community to reduce isolation of disabled people, reduce disability hate crime and encourage a more tolerant society.
10. The 174 Trust disability project could not operate without the hard work of all its volunteers. If we had no volunteers we could not run on a Tuesday and Wednesday evening.

Linda Duffy
Disability Co-ordinator 174 Trust

Belfast Works

LEMIS+ Project
ITQ Spreadsheets Course

6 Week Course

Topics covered:

- Introduction to Spreadsheets
- Editing documents
- Data analysis and Interpretation
- Formatting documents
- Document storage
- Check and print documents

For more information contact a Mentor at
The Ashton Centre
on
028 9074 2255

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

Belfast Works

LEMIS+ Project
ITQ Word Processing Course

6 Week Course

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

Sign up to our

ITQ Word Processing Course

6 Week Course

Topics covered:

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

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

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

New Homes on Old RUC Barracks Site

To launch the opening of new homes at the former North Queen Street Barracks site Newington Housing Association organised a Tenant Information Day in North Queen Street Community Centre (The Recy) on Wednesday 28th September. The event which was held in partnership with community groups from Greater New Lodge Community Empowerment Partnership (CEP) was aimed at welcoming the new residents, providing them with tenancy and service standards information and to answer any questions they might have. The event also provided the opportunity to introduce the new residents to individual representatives from different community organisations who were there to provide an overview of the services they offer in the local area. Recreational and play activities were in place on the day for the children of the new residents from Belfast City Council and New Lodge Arts.



Stop Dumping!

In recent times there has been an increase in the amount of dumping of bulky items taking place in some parts of the area. We would like to remind people that if they need to dump something then they should call Belfast City Council on 028 9027 0230. This service is free of charge. So please phone the Council don't just leave items out on the street or alleyway. Help keep our area clean!

Bulky Waste Collection

Yes

- Furniture (must be dry and covered)
- Mattresses (must be dry and covered)
- Carpet (must be dry and covered)
- Electrical appliances e.g. TV
- White goods e.g. fridges, washing machines and cookers
- Metal and plastic oil tanks (drained and cut in half)

No

- Bagged household waste
- Builders rubble, plaster board, bricks or soil
- Tyres and car parts
- Cardboard and packaging
- Batteries and fluorescent tubes
- Paint, pesticides and oil
- Garden waste or garden furniture
- Bathroom suites, kitchen units, radiators, doors and sheds

The list is not exhaustive and advice on other items can be obtained from our staff when you book a collection with us.

Please note, we do not collect waste which is a result of work carried out in your home, such as bathroom suites, kitchens or fireplaces. Please arrange with your building contractor to remove these items or alternatively organise removal by an authorised waste collection company or hire a skip.

Booking a bulky waste collection Call us on 028 9027 0230 and we'll check to see if we can pick up your item.





North Belfast Winter Fest

Tuesday 6th December

Panto: Beauty and the Beast - A fantastic cast of young people from across North Belfast
Girdwood Community Hub @ 7.00pm. Tickets are £3 and are available from New Lodge Arts office.

Wednesday 7th December

Panto: Beauty and the Beast - A fantastic cast of young people from across North Belfast
Girdwood Community Hub @ 7.00pm. Tickets are £3 and are available from New Lodge Arts office.

Wednesday 7th December

Seniors Citizen Christmas Tea Dance
North Queen Street Community Centre (Recy) 1.00pm - 3.30pm. Anyone wanting to book places please contact the centre on 90323945

Wednesday 7th December

Cross Community Carol Service, with pupils from Holy Family Primary School & Currie Primary School
11.00am - 12noon Cityside Mall beside Home Bargains

Friday 9th December

Events for All is holding it's annual Santa's Grotto. This is a free family event. Come along and see Santa and his reindeer. Includes refreshments, photograph Christmas Cards and Christmas Craft Workshops.
Macrory Church @ 2.00pm - 6.00pm

Saturday 10th December

TASCIT Christmas Party, come along and meet Santa and join in the various activities on offer.
Hillview Retail Car Park, Crumlin Road @ 1.00pm - 4.00pm

Tuesday 13th December

Winter Wonderland: Come along and visit Santa and receive a photo and a gift. This includes arts & crafts workshops and much more.
New Lodge Youth Centre 6.00pm - 8.00pm

Wednesday 14th December

Junior Christmas Disco and Party
New Lodge Youth Centre 6.00pm - 8.00pm

Thursday 15th December

Pensioners Christmas Dinner and Santa
New Lodge Youth Centre 4.00pm - 6.00pm



Friday 16th December

Senior night with Disco and party 9.00pm until midnight
New Lodge Youth Centre

Friday 16th December

New Lodge Arts charity coffee morning
Culture Shop - Next to New Lodge Arts @ 10.00am - 2.00pm

Sunday 18th December

Winter Wonderland event games and face painting etc,
Santa trail through Alexandra Park, grotto at peace line, then up for food and mini disco at Holy Family
Starting at 5.30pm in Mountcollyer Youth Club

Monday 19th December

Join us for a festive Shared Reading With Truman Capote's short story, "A Christmas Memory"
2.00 - 3.00 pm, Duncairn Centre for Culture & Arts

Tuesday 20th December

Christmas Wreath Making Workshop
Culture Shop – Ashton Centre 12noon - 2.30pm
Limited places
Contact Joanne Smyth @ New Lodge Arts



Shared Reading and Writing at Duncairn Culture and Arts

Write Club

Write Club at the Duncairn is a free after-schools club for young people interested in creative writing. Are you destined to write the next big screenplay for the silver screen or award winning novel? Drop in and develop your story-writing skills with Fighting Words Belfast... A space for young writers to work independently on their own writing, with support from our writing mentors. Every Wednesday, 4.00-6.00pm in the Duncairn Culture and Arts Centre, suitable for 13-18 years old. For further information go to www.youngatart.co.uk/fighting-words-belfast

Marnie Kennedy- Outreach Office Fighting Words Belfast

Volunteers Needed!

Do you like stories? Do you want to work with children and young people? Do you want to learn new skills and meet new people? New volunteers - we need you! Fighting Words Belfast is a creative writing project where young people from the age of 6 - 18 can explore their imaginations and have fun expressing themselves.

We run free workshops for school and youth groups, during which participants work collaboratively and individually to create a piece of writing unique to them.

Volunteers give three hours of their time per workshop and spend two hours with the participants helping them create exciting new stories.

For more information, contact Hannah by e-mail on hannah@fightingwords.co.uk, or by telephone on 028 9023 0660, or fill in our online application form. www.youngatart.co.uk/volunteers

Shared Reading in the Duncairn - new dates for drop-in groups

Shared Reading is an enjoyable way of spending time with great writing and with other people. It can be a way of getting into books for someone who hasn't connected with reading before. No advance reading is necessary - each week a short story and poem is read aloud to the group.

- Drop-in Shared Reading sessions take place every Monday afternoon in the Duncairn Centre for Culture and Arts, 2 - 3pm.
- A new drop-in group begins on Wednesday nights, from 7 - 8pm, starting Nov 23 - Dec 14.
- Join us for a festive Shared Reading session before our break, with the Truman Capote short story, 'A Christmas Memory', on Monday 19th December, at 2 pm.
- Shared Reading returns in the new year on Monday 9th January. All welcome!



"It brings people together."
 "You just drop in if you are free and in the mood."
 "A good way to engage with the community."
 Interested in getting involved, training as a reader or introducing Shared Reading to your group?
 Come along or contact Marnie - t 029 9074 7114 / 07971 568 573 or www.facebook.com/stories.at.the.duncairn

New Lodge Community Christmas Party 2016
Tuesday 13th December
6.00pm - 8.00pm
New Lodge Youth Centre
Upper Meadow Street
Santa, Photo & Gift Festive Activities

For further information contact Paul O'Neill on **90742255**

Ashton Community Trust

Children must be accompanied by adult

Ashton Community Trust

Essential Skills Training & Employment Services Ashton Centre

Calling all New Lodge Residents!
 Do you have the Essential Skills for everyday life and work?
 English + Maths + ICT = Essential Skills
 New English and Maths courses are starting in September in your area. Computers (ICT) are used in English and Maths classes.

Courses are LOCAL + FREE

If you would like to find out more:

- + phone Hilary on 90322289
- + email hilary.adair@ashtoncentre.com
- + call in person at the Ashton Centre

Department for Communities
www.communities-ni.gov.uk

Belfast Works

LEMIS+ Project

Live in Belfast?
Looking for work?
Need qualifications?

Why not sign up for our
ECDL Essentials Course

12 Week Course

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

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



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






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

LIKE US ON FACEBOOK



Interested in Music?

Always wanted to learn to play an instrument – but didn't fancy going to classes?

Some Ageing Hippies are starting a new participant led Opera Company to go on tour in 2-years. Maybe this is the way for you to start your own Musical Mystery Tour!

For More Information contact New Lodge Arts 028 90742255 or alternatively pop into the Culture Shop, Ashton Centre (beside Spuds) on Tuesday 12-4, Wednesday 1pm-4 or Friday 12-4 for more info! For Over 18's only.



Kinderkids Daycare: High Quality Childcare, Local & Professional

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



The aim of Kinderkids Daycare is:

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

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




Play & Early Learning

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

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

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

For more information, contact us at:

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

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

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

Or call into any of our 3 Daycares

FabLab Update

It's been a busy few months since the last edition of the Community Magazine. October began with Fablab hosting students from local schools on their year 12 work experience. These students, who stayed with us for a week got to see hands on and how diverse STEAM careers can be.

We also started our activities in Girdwood Community Hub, this was an exciting project where members of the youth team got to re-design the community youth space using Fablab vinyl cutters. In just six weeks the participants were able to turn the shared youth space from a drab room into a vibrant and colourful place where they could undertake their other youth activities and have a place to relax. There were certainly some interior designers of the future in there. October and November also saw Fablab beginning their paid workshops in coding, 2D and 3D design, these proved so popular that more are planned for the new year, so watch this space for details. In conjunction with Design Week we hosted a Family Fun-day that was completely booked out within 2 hours of going public. It was a great day and all the participants made a point of saying how much they enjoyed it and how different it was from the usual type of family day activities. Children love pressing buttons and seeing machines do things!!

As part of the Girdwood programme Fablab ran a Halloween decoration workshop at the community open day. The Fablab stall proved to be very popular, with over 120 people participating and making Halloween themed decorations.

Our EVS Volunteer Annalisa, ran a workshop for other EVS members from the 2016/2017 recruitment. Her workshop was based around laser cut art and paper crafts. There was some excellent work produced and the quality of teaching was superb. Well done Annalisa !!!



Not content with that Paddy and Steve then travelled to U-Casadh in Waterford to build their new shop-bot in preparation for them joining the Fab Foundation Ireland as a new Fablab. The guys were there for three days building and providing training to the users of the new machine. In what was a first, we believe, Paddy was able to take virtual control of the machine from Belfast and operate it in Waterford over a wifi connection, this was to help iron out a few teething troubles that the Waterford guys were having after the initial build.

After that you would be forgiven for thinking it was rest and relaxation time in the lab, no such thing here !!

Along with the usual Thursday and Friday users, Steve and Bronagh delivered a careers day event in Girls Model to over 120 students, Paddy was invited to talk at the CCEA Art and design Agreement Trials, to highlight how digital technology can be used in the creative fields such as art and contemporary crafts. We should add that a student who used the lab as to create her contemporary craft exam piece, achieved the highest mark in the UK and has been nominated for the prestigious True Colours award and in the new year her piece will be exhibited in the Ulster Museum.

facebook.com/ashton.centre

facebook.com/ashtoncommunitytrust



Ashton Centre are now on Facebook, you can send us a friend request to keep up to date on all our services, we have also created a Like Page, where we will also post information on a regular basis about all of the Trust's services, please send friend request or like our page to be kept updated. Thank you

LIKE US ON FACEBOOK

Arts Academy
 Next term - starts
Monday 16th January 2017
 New members welcome!

Monday's
 Tiny's Drama (P1-P3) 3pm-4pm New Lodge Youth Centre £1
 Junior Drama (P4-P7) 4pm-5.30pm New Lodge Youth Centre £1
 Fancy Feet (Nursery-P1) 4.30pm-5.30pm Macrory Hall £1
 Fancy Feet (Nursery-P1) 5.30pm-6.30pm Macrory Hall £1
 Fancy Feet (P2-P4) 6.30pm-7.30pm Macrory Hall £1
 Pop Video Dance (P5-P7) 7.30pm-8.30pm Macrory Hall £1
 Hip Hop (10-13yrs) 7pm-8pm Girdwood Hub £1
 Hip Hop (14-18yrs) 8pm-9pm Girdwood Hub £1

Tuesday's
 Tiny's Art Class (P1-P3) 3.30pm - 4.30pm New Lodge Youth Centre £1
 Junior Art Class (P4-P7) 4.30pm-5.30pm New Lodge Youth Centre £1
 Junior Visual Arts (5-10yrs) 3pm-4.30pm The Recy £1
 Adult Art Class (11am -2pm) Culture Shop, Ashton Centre
 Senior Drama (1st - 6thyrs) 7pm-9pm Duncairn Art Centre £2

Wednesday's
 Youth Theatre Class (13-18yrs) (audition only) 7pm-9pm Girdwood Hub £2

Thursday's
 Ballet (Nursery-P1) 3pm-3.50pm The Recy £1
 Ballet (P2-P5) 3.50pm-4.50pm The Recy £1
 Tiny's Drama (P1-P4) 6pm-7pm Girdwood Hub £1
 Junior Drama (P5-2ndyr) 7pm-8.30pm Girdwood Community £1

Register at the start of class - more info contact Anne on 07736389968

Ashton Community Trust, LOTTERY FUNDED, Belfast City Council, Children in Need, ULSTER GARDEN VILLAGES LIMITED

Kinderkids

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

High quality Daycare and After school services in North Belfast

Ashton Community Trust

Young Women's Personal Development Programme

Ashton Community Trust is delivering a Young Women's Personal Development Programme in New Lodge Youth Centre for young women aged 13 – 17 years from across North Belfast. The programme will take place on Thursdays from 4.00pm to 6.00pm and will focus on confidence building and social communication. Places are limited and referral is through the Lower North Belfast and Upper North Belfast Family Support Hubs. Contact details for the Family Support Hubs can be found below.

Lower North Belfast Family Support Hub
 Co-ordinator – Edith McManus
 Ashton Community Trust
 Tel: (028) 90 749986
 E: edith.mcmanus@ashtoncentre.com

Upper North Belfast Family Support Hub
 Coordinator – Karen Mc Lean
 The Vine Centre
 T: 028 90 351020
 E: uppernorthfamilysupport@vinecentre.org

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)

Food Waste: What to do with it?

Almost every household in Belfast is able to recycle their food waste. Research by WRAP (Waste and Resources Action Programme) shows that the average family throws away £680 worth of food each year which equates to around £13 per week. In Belfast we unnecessarily spend around £750,000 a year by putting food waste in general waste bins!

A lot of this waste can be avoided by buying less (smaller shops more often), planning meals in advance and checking if supermarket “buy one get one free” offers are really good value for you and your household. These are all very good ways of reducing costs and the amount of food wasted. For more tips on reducing food waste along with recipe suggestions visit www.lovefoodhatewaste.com for more information.

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

Every household in your area has access to a food waste collection either via your brown bin or green food waste bin, depending on where you live. By recycling your food waste, you are reducing the amount of rubbish in your general waste bin and helping Belfast to reach its’ recycling target of 50% by 2020. Every lorry of compostable waste is around £500 cheaper to recycle than sending it to landfill.

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

which turns it into electricity, heat or biofuels with the by-product being used as a natural fertiliser.

Recycling food waste is easy to do; it is good for the environment and it creates and supports local jobs. If you do not have a kitchen caddy you can order them for free by calling the Recycling Helpline on 0800 032 8100 or log onto www.belfastcity.gov.uk/ bins and order online. You can also order new or replacement recycling boxes or bins depending on where you live in Belfast.

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

A lot of homes don’t think they have any food waste. This is not true, food waste is produced in every home in the city. If every home in Belfast uses 4 teabags per day that means we create around 1131 tonnes of teabag waste per year. Recycling teabags alone would save the city around £50,000 each year as opposed to putting it in your black bin!

When you recycle your food waste it can be used in a variety of ways. Putting food waste in the black bin, on the other hand, is bad for our environment and costs a lot more. Have a think the next time you make a cuppa. The teabag you throw away could be used to grow potatoes if you recycle it!





Newington
CREDIT UNION

239-247 Duncairn Gardens, North Belfast
Co. Antrim
BT15 2GF
Tel: (028) 90351040
Email: ncu@btconnect.com
Web: www.newingtoncreditunion.co.uk

OldPark
Tel: (028)
90756969

Greencastle
Tel: (028)
90775627

Loughside
Tel: (028)
90749432

Opening Hours:
Mon, Wed, Thur, Fri - 09.30am - 5.30pm
Tue 10.00am - 6.00pm
Sat 09.30am - 12noon

Belfast Bikes Comes to North Belfast

Belfast's bike share scheme, Coca-Cola Zero Bikes, recently opened docking stations outside Girdwood Community Hub and Duncairn Centre thanks to funding from the Department for Communities Building Successful Communities initiative.

The scheme's presence in the north of the city benefits our local community, bringing us a convenient, sustainable transport link to the city centre and beyond.

If you haven't already signed up for Belfast Bikes, it's a great value way to get about. An annual subscription costs just £20 or you can buy a three day subscription for £5. Once you've registered, the first 30 minutes of every journey is free!

Cycling to work or the shops instead of taking the car, is a time-efficient way to combine regular exercise with your everyday routine. It also enables you to do your bit for the environment – and it's great fun too!

Belfast City Council is keen to ensure that the bike share is integrated into the local community and is working with other organisations to promote the benefits and address any anti-social behaviour relating to the bikes or docking stations.

To this end, they're also appealing to our local community to help protect the scheme by reporting any instances of theft and vandalism. Here are some options of what you can do if you

happen to come across this:

- Call Belfast Bikes on 034 3357 1551.
- Email the details belfastbikes@nsl.co.uk.
- Call the police on 101 (the non-emergency number).
- Call Crimestoppers on 0800 555 111.

If you're using a bike, don't forget to make sure that it's securely locked at the docking station on return. A green LED light will flash and you'll hear a beep to let you know that the bike has been returned, but always pull the bike back, just to make sure that it's locked in properly.

To sign up for Belfast Bikes, go to www.belfastbikes.co.uk or call 034 3357 1551. You can also register at any docking station terminal or by downloading the Nextbike app.



Hey.....

Are you interested in **ART**?

Do you like to draw?

Would you like to meet new friends?

Are you between **16-18**?

We are looking for **YOU**

Lets make a fanzine...
Dropin session

Tuesday 7-9 Culture Shop

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 McSweeney Centre,
Henry Place, BT15

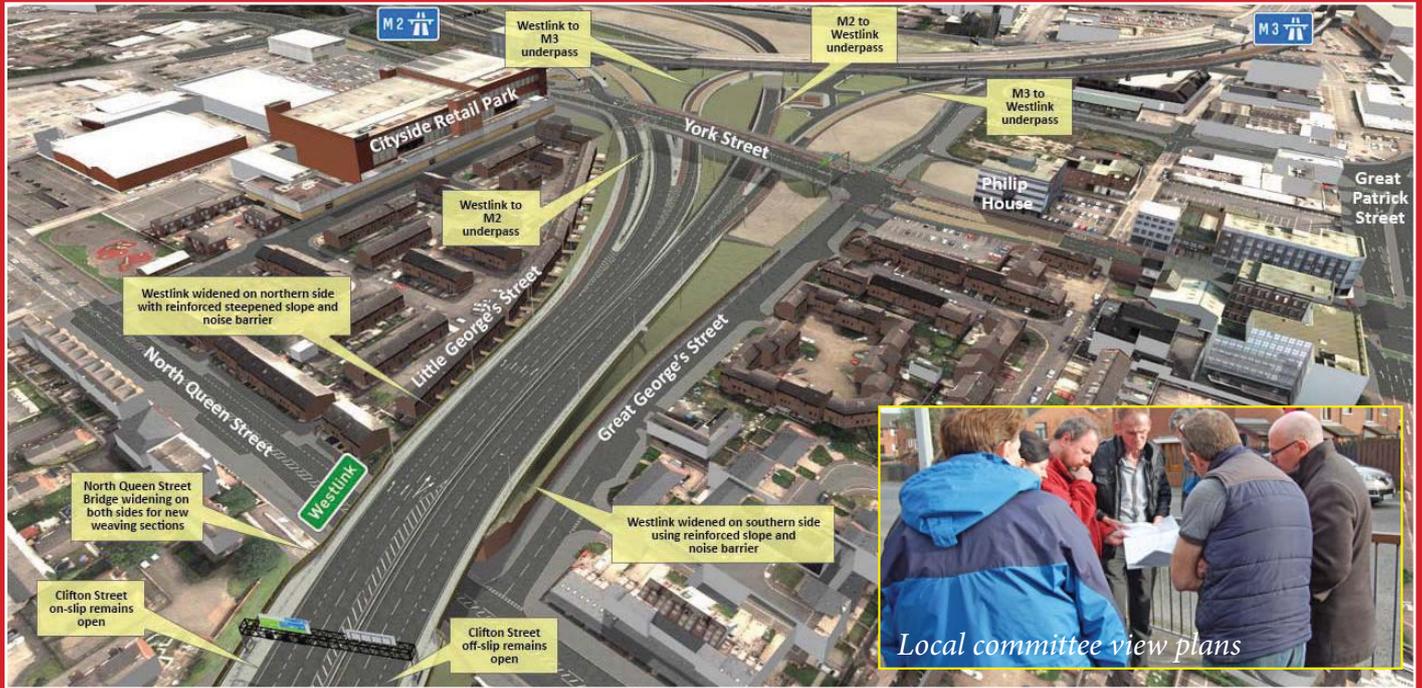
Visit our Facebook page:
www.facebook.com/NorthBelfastSEHUB

 Ashton Community Trust

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

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

York Street Interchange Given Go Ahead



Local committee view plans

After plans to develop the York Street Motorway Interchange were initially put on hold due to uncertainty following Brexit and doubts over funding, the project has eventually been given the go ahead by the Minister for Infrastructure Chris Hazzard.

Commuter and Business Needs

The construction of the York Street Interchange has been long regarded by many in political and business circles as one of the key transport priorities. For example the Confederation of British Industry has described the project as “indispensable”.

Local Impact

However whilst the media has mainly focussed on the transport and commercial aspects of the project they have paid less attention to the potential impact on nearby communities. The scheme includes road widening and associated works that could have considerable implications particularly for residents at North Queen Street, Little Georges Street and other nearby streets. As a result people living close to the proposed works have been lobbying government departments. This has comprised written submissions and presentations to the public consultation and subsequent public inquiry. Alternative design proposals were also submitted by Mark Hackett, a highly respected architect and urban designer who has been providing advice and assistance to local residents.

Mitigation Measures

The initial Transport NI plans intended that the new road be moved closer to homes in the Little Georges Street area. However the Inspectors Report from last year’s Public Inquiry has recommended some changes including moving the road southward away from these homes. The Inspector

also recognised the need for stronger local engagement and careful resolution with residents in relation to design issues and potential public realm improvements nearby to the intended motorway works.

Minister’s Accepts Public Inquiry Findings

In his recent announcement Minister Hazzard also made reference to the Public Inquiry and said that he accepted its findings. He confirmed that works should progress, “subject to refinements to reflect the Inspector’s recommendations relating to mitigation measures adjacent to residential areas, increased local community liaison and consideration of further provisions for cyclists”. The Minister went on to state, “I welcome the positive outcome from the Inquiry and consultation will now begin with key stakeholders including local communities, in line with the recommendations in the Inspector’s Report”.

Paul O’Neill of the Ashton Community Trust who has been working closely with local residents on this issue said, “Now that the scheme has been given the green light it will inevitably bring considerable disruption for local people. However we take some comfort from the fact that the Public Inquiry Inspector appears to have taken on board some of the genuine concerns expressed at the Inquiry by local residents and community activists. We have argued very strongly from the outset that the principle of citizen involvement and shared decision-making should be at the heart of the process. We therefore welcome both the Inspector and the Minister’s acceptance of the need for mitigation measures and increased community liaison. However we must all work hard to ensure that these words are turned into real actions that respect and protect local residents. Genuine fears remain that despite the reassuring words local people could be further disadvantaged as a result of this road project”.

ASHTON 'serving North Belfast for over 25 years'

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



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

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

Main Ashton contact number: 028 90 74 22 55

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



Bridge of HOPE

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

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

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

New Lodge Youth Centre

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



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

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

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



This project is based at the McSweeney Centre, Henry Place, 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

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

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

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

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



FABLAB

BELFAST

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

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

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

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

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



Ashton Community Trust
Employment & Training Services

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

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

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



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

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

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

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



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

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

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

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

