

# GREATER NEW LODGE COMMUNITY MAGAZINE



Ashton Community Trust

October 2017

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Social Media Links:  [facebook.com/ashton.centre](https://facebook.com/ashton.centre)

 [twitter.com/ashtoncommtrust](https://twitter.com/ashtoncommtrust)



See Page 7 for full story

## North Belfast Lantern Festival



**Sunday 29th October 2017**

**Activities** - Alexandra Park

**Monday 30th October 2017**

**Carnival Parade** - Departs Girdwood Community Hub

**See page 7 for full festival details.**

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## 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](mailto: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 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

## Ready to start your hospitality adventure?



### NOCN level 1 Hospitality course

Learn what transferrable skills you can gain and find out about opportunities in the industry

This course is the perfect starting point for industry recognised progression or advancement to our employer-endorsed Hospitality Employment Academy

Contact a LEMIS+ mentor for more info

**Ashton Centre**  
 5 Churchill Street  
 90742255

**Belfast Works**  
 LEMIS+ Project

Led by Ashton Community Trust in partnership with East Belfast Mission, GEMS NI, Job Assist Centre Greater Shankill and Job Assist Centre West Belfast.  
 The LEMIS+ Project is part funded through the Northern Ireland European Social Fund Programme 2014-2020 and the Department for the Economy.





## BRIDGES SEWING

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

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

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

# Ashton Community Trust Bursary Awards 2017



This is the 8th year of the annual Ashton Bursary Awards. The purpose of the scheme is to provide assistance to other community projects in the local area especially where financial resources for a group are scarce and where they rely mainly on volunteers. So far about 90 individual bursaries have been granted to local projects involved in activities such as sport, art, music, health, housing, culture, history, remembrance, safety and wellbeing. In providing financial support Ashton Community Trust is recognising the voluntary commitment of the various local groups. To be eligible for the bursary groups must meet the following criteria;

- Is inclusive and non party political
- Is working in the Greater New Lodge area

- Is meeting local needs and providing local services
- Has modest resources and would find it difficult in accessing funding

If you have received a grant in the past you must provide some detail about how this was used for the benefit of the local community.

Maximum grant available is £500

Total grant fund available is £5,000

For a Bursary application form contact Paul O'Neill or Louise Hunter at the Ashton Centre 5 Churchill Street. BT15 2BP Phone 90 742255. Application closing date Friday 3rd November 2017.

# facebook.com/ashton.centre

# facebook.com/ashtoncommunitytrust



Ashton Centre are 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

## Bowel Cancer Screening

Do you live in North Belfast?

Are you interested in finding out a bit more about Bowel Cancer Screening. Cancer Lifeline are hosting a Bowel Screening Awareness session (delivered by the Women's Resource & Development Agency).

The aim of this session is to raise the importance of bowel cancer screening and the signs and symptoms to look out for and more importantly now, to take the screening test.

- By the end of the session participants will be aware of
- How to use the FOB Kit (Faecal occult blood test)
  - How screening can help detect bowel cancer in the early stages
  - The signs and symptoms of bowel cancer
  - How to reduce the risk of bowel cancer

To find out some more about bowel screening come along to an information event in Cancer Lifeline.

On: Thursday 9th November 2017

Time: 10.30 – 1.00pm

Venue: Cancer Lifeline, 44 Alliance Avenue, BT14 7PJ

Light refreshments available.

TO RESERVE YOUR FREE PLACE PLEASE CONTACT THE OFFICE ON (028) 90 351 999 BY MONDAY 16TH OCTOBER 2017.

## Fighting Words Belfast



Kelly McCaughrain is a volunteer writing mentor with Write Club at Duncairn Centre for Culture & Arts, Fighting Words Belfast's creative writing club for teenagers. Her first novel, 'Flying Tips for Flightless Birds' is being published next March by Walker Books.

"When I heard about Write Club I wanted to volunteer because it's the sort of thing I would have loved to have gone to when I was a teenager.

"It's a place where teenagers can meet other writers and get feedback and advice if they want, but there's no pressure to share their work and it's not like school. They've written many things that just take my breath away and I think every single one of them is a WAY better writer than I was at their age!"

Write Club is on every Wednesday, 4.00 - 6.00 pm, in the Duncairn. It's free and welcomes new members year round.

Find out more about how to join Write Club or volunteering with Fighting Words Belfast: [www.youngatart.co.uk](http://www.youngatart.co.uk)



Wellbeing and Training Services

### HOW WE CAN HELP

Employee Assistance Programmes (EAPs)

Organisational Health Checks

Clinical Supervision

Bespoke Training

Health and Safety Training

Counselling & Complementary Therapies

Critical Incident Support Services

Santé Health is a social enterprise and commercial subsidiary of Ashton Community Trust. We provide a wide range of health and Wellbeing and Training Services to individuals, organisations, families, and the local community.

All our services are designed to help individuals to better deal with a wide range of issues, concerns and problems – to help them reduce stress, and to encourage the development of a more positive, healthy and resilient lifestyle. We support people by using a variety of professionally recognised interventions and also through the delivery of various wellbeing training courses.

[www.sante-health.com](http://www.sante-health.com)

028 9560 9830

[julie.clydesdale@sante-health.com](mailto:julie.clydesdale@sante-health.com)



### Sewing Classes @ 174 Trust

Classes started in September! Looking forward to a great term! If you missed this term, most of the classes will be offered again in February. Email [reception@174trust.org](mailto:reception@174trust.org) to be put on our mailing list and get a heads up about registration.



## Bridge of Hope participant call for Autumn Winter 2017 Programme

Bridge of Hope a project of Ashton Community Trust is a community health & well-being service that supports individuals affected by the conflict and poor physical & emotional health. We deliver a wide range of personal development, health and wellbeing programmes. In the North Belfast area our venues for delivery are: Ashton Centre, McSweeney Centre and Alliance Avenue.

We are currently recruiting individuals to benefit from our life coaching service. Bridge of Hope started providing community accessible life coaching services 10 years ago. Life Coaching is different to counselling. It is practice that helps people identify and achieve personal goals. It uses a wellness-focused approach to support people who wish to move forward. The one to one sessions help you to develop positive patterns in life, build resilience, focus on existing strengths and rediscover purpose in life. As a practice it centres around three core themes: positive thinking, changes in attitude and positive actions. If you would like to access this Life Coaching Service please get in touch with the team 028 9543 8707.



We are also rolling out a 'dealing with the past' programme called Transitional Justice Grassroots Toolkit. This programme is enriched by local experiences on historical events but also perspectives on present day matters. Nearly 20 years ago the Good Friday Agreement was signed and in 2014 the Stormont House Agreement was produced and we know there are lots of issues in-between to chart, map and discuss. Since 2011 over 250 people have studied the Toolkit and felt empowered as a result of taking part. If you are interested in this grassroots course get in touch with Áine Magee at Bridge of Hope on 028 9032 2289.

One of our most popular services is our 1 day personal development courses and weekend residential. Over the next few months we have several opportunities to participate in these workshops:-

- Strengths, Weaknesses, Ambitions and Needs (SWAN) 1 day course Saturday 21 October 2017. Venue: McSweeney Centre, Henry Place Belfast
- Take 5 Resilience 1 day course Saturday 13 January 2018. Venue: McSweeney Centre, Henry Place Belfast
- Meditation Residential 3-5 November 2017. Venue To Be Confirmed (TBC)
- Love Yourself Heal Your Life 2-4 February 2018. Venue TBC.
- Love Yourself Heal Your Life 23-25 February 2018. Venue TBC.

If you would like to register your name for these courses please get in touch with the team on 028 90221022. All of these services are funded by VSS which aims to promote the health and wellbeing of those affected by the conflict.

## Newington Housing Association Launch New Homes at Dunmore

To launch the opening of new homes at the Dunmore site Newington Housing Association organised a 'Tenant Information Day' in Holy Family Youth Centre Limestone Road on Tuesday, 12th September. The event which was held in partnership with local community and statutory agencies was to welcome the new residents, provide them with tenancy and service standards information and answer questions. The event also provided the opportunity to introduce the new residents to individual representatives from different organisations who were there to provide an overview of the local services they offer.

Newington Housing Association Officer Martin Hamilton said,

"I hope the event went some way to assure all the new tenants, that Newington, in partnership with other community and statutory organisations will assist and support them in any way we can to quickly settle into their new homes and local area. It was great to meet up again with everyone involved and we look forward to working in partnership together moving forward".

Paul O'Neill who attended the event on behalf of the Ashton

Community Trust said, "I would like to congratulate all the residents in receiving their new homes and wish them well for the future. I would also like to commend Newington Housing Association for organizing this type of event which provides residents with lots of important information not only about their obligations as tenants but about the local supports and services available to them. To their credit Newington Housing Association works hard to ensure excellent tenant support. However they go the extra mile by working in partnership with local community development structures in order to help improve community life in general".



# St Patrick's New School Principal

I would like to take this opportunity to introduce myself. My name is Margaret Neeson and I am excited to be the next principal of St. Patrick's Primary School. I live in Belfast with my husband and three children. My mum was born and grew up on the New Lodge Road and as a child, I have fond memories of visiting my granny who lived in Carlisle Parade. I am delighted to be a part of this great school community. Over the last few weeks, I have spent a lot of time getting to know the buildings and bringing myself up to date on St. Patrick's school improvement goals, as well as starting to hear about what makes this school such a unique and special place.

St. Patrick's is a place where strong connections are made between the home and school and where all staff members are committed to developing the whole child. I value both of these characteristics and am excited to help continue moving the school along the path of excellence.

Professionally, I have been a teacher for over 21 years. I spent 20 years in St. Aidan's C.B.P.S; just over one year at the newly amalgamated school, John Paul II P.S and the last three years as principal of St Colman's Bann PS. During my years as a teacher/principal, I spent a great deal of my time supporting new curriculum initiatives and student growth opportunities.

Throughout my years in education, I have continued to stay current on best practices for children and successful schools.

In my eyes, one of the most important aspects of my work as St. Patrick's principal is building solid relationships with children, families and teachers. It will be very important to me to be in the hallways, classrooms and on the playground getting to know your child(ren). In my past experience, I have found that children really appreciate a person who genuinely invests in them and



who is fair in decision making. These two things are extremely important to me.

In addition to building strong relationships with all of you, it will be particularly important to me to make sure that your child and you feel safe at school. If you ever have a concern about something or a question about a specific situation or procedure, please do not hesitate to call or email me.

Communication is paramount in a school. For this reason, I will always encourage you to contact your child's teacher or me with questions.

I am extremely privileged to be given this opportunity because I know that St Patrick's is a school that has many things to be proud of. I thank you in advance for welcoming me as a part of this great community. To get in contact with me ring on 028 9035 1206

## McSweeney Centre Phase 2 Update

Walking past Henry Place people can see the McSweeney Centre Phase 2 is progressing to roof level. The new family centre and Kinder Kids premises should be opening in May next year. As the main building work finishes we hope any disruption on the street will reduce in the next months.



## Romania Project Receives Support From Local Business Man



The Romania Project from New Lodge Youth Centre is fully fundraised for by the staff and young people to make the life changing trip happen. The project will send local young people to volunteer in Romania. At times it depends on the generosity of local business' and local shop owner Barry Saunders kindly donated to the project to help this years team try to reach their target. One of the youth workers and two of the young people are pictured collecting the cheque with Barry outside his shop on the New Lodge Road. The project team are extremely thankful to Barry for his support.

## Campaign for Full Redevelopment of the Long Streets Goes On

A public meeting took place on Thursday 7th September in New Lodge Youth Centre, Upper Meadow for residents of the Long Streets, between Edlingham Street and Antrim Road, to demand the continuation of redevelopment. The Housing Executive (H.E.) were invited but unfortunately couldn't make it, a great pity, as they have been trying to tell people there is no great interest from the residents. 150 plus residents told a different story in fact so many attended we ran out of chairs, for an area so small this was a phenomenal number and expresses the overwhelming passion that exists for complete redevelopment.

The H.E. are trying to say that they never gave a commitment to complete redevelopment, a statement that beggars belief, back as far as 1999 when a committee was formed, at the H.E. behest, several residents from the contested area sat on that original committee, it's inconceivable to believe they were not promised the same as everyone else.

In fairness to the H.E. they have, through a spokesperson, stated that they are in the process of drawing up a business plan to present to the Department for Communities to convince them to finance the project, this by no means guarantees they will be forthcoming. The Upper Long Streets Residents Committee have been asked by H.E. to convene another public meeting early in November and have promised they will attend with whatever information they have.

North Belfast M.L.A. Caral Ni Chilin addressed the meeting and assured residents of her ongoing support in whatever direction



they wish the campaign to go. This could take the form of public protest at Gt. Victoria or Adelaide Street H.E. offices and most certainly a media campaign. Residents will be informed of the next meeting and we are sure of a great response, following that we will discuss the way forward.

These dwellings were renovated way back in the early 1970s to give them an extra twenty years life, that was well over forty years ago, long past sell by date and by the H.E.'s own admission high levels of unfitness exist.

This committee along with Caral and her party are committed to see this thing through to what we see as the inevitable conclusion, 21st century homes for tenants who for too long have been forced to live in unfavourable conditions.

Upper Long Streets Residents Committee.

## North Belfast Lantern Festival

Planning is underway for this year's Lantern Festival which will take place in Alexandra Park. – Now in its 8th year this is the biggest annual event in North Belfast.

The theme this year will be Star Wars as 2017 marks the 40th anniversary.

If you have a group who would like to take part in some visual art workshops to make various Star Wars themed lanterns/installations for the park/parade please contact Cecilia Heron on 028 90742255 or email [cecilia.heron@ashtoncentre.com](mailto:cecilia.heron@ashtoncentre.com). The workshops will be taking place from: Monday 18th September – Friday 27th October 2017. We are very keen to encourage cross-community participation. If you are currently working in partnership with another community group we would be happy to organise joint workshops.

Festival details:

Sunday 29th October 2017 – Alexandra Park  
11.30am – 3.30pm

Activities will include circus performers, lantern making, music, visual arts, storytelling etc

6pm-8pm  
Outdoor cinema

Monday 30th October 2017 – Alexandra Park  
11.30am – 3.30pm

Activities will include circus performers, lantern making, music, visual arts, storytelling etc

6.30pm – Lantern Parade departs Girdwood Community Hub at 6.30pm and makes its way to Alexandra Park. We are encouraging as many people as possible to come and watch the parade before entering the park. The parade route will be: Cliftonpark Avenue, down Cliftonville Road, up Antrim Road, down Limestone Road and into Alexandra Park via Mileriver Street.

6pm-9pm – Main event in Alexandra Park  
There will be an array of performers, music, food stalls and of course fireworks. Gates open at 6pm. Entrance via Mileriver Street (side of Currie Primary).

If you are going to the event in the park and are not a parade participant you will need to purchase a wristband. These cost £1 and are available from the Ashton Centre, 5 Churchill Street. Wristbands will go on sale on Monday 2nd October.

For more information please contact Cecilia Heron at New Lodge Arts on 90742255 or via email: [cecilia.heron@ashtoncentre.com](mailto:cecilia.heron@ashtoncentre.com)

Entry to Alexandra Park on the evening of Monday 30th October will be via Mileriver Street only!

Why don't you follow Ashton On Twitter  
 [twitter.com/ashtoncommtrust](https://twitter.com/ashtoncommtrust)

# New Lodge Arts Summer Projects

## Summer Fun Day

The Summer Fun Day at the Waterworks Parks was once again another very successful project run by the young people of the Event Management Group. The group worked hard in the run up to the event planning, organising, budgeting and working as a team to create yet another free event that the whole family and community could enjoy. Not only did the young people book the artist and performers they based the event around an American style theme and spent a lot of time creating their own pieces of art in the weeks leading up to the Summer Fun Day. The weather was definitely on our side and the event was flooded with families and children who stayed to take part in the much loved Treasure Hunt, laughed and giggled with the magician, had fun making arts and crafts and danced along with the street performers. The day ended with very happy children face painted in their favourite characters or dazzling in glitter and each with a spectacular balloon from our amazing balloon modeller. The event management had really positive feedback on the day and they agreed the event was a great way to kick off the Greater New Lodge Festival.



## Annie

New Lodge Arts was delighted to work in partnership with C21 Theatre Company to deliver 'Annie'. The project ran from 24-28 July 2016 with 18 budding young performers who took part in a range of Dance, Drama and Singing workshops. Led by an artistic team of Aimee McGoldrick and Jess Dane, the young people had a fantastic time working on this project. The final performance took place on Friday 28th July to an audience of family and friends.



One parent said 'My daughter was not used to do things without her older siblings but she was completely happy participating in this.'

## Summer Drama Camp 'Matilda'

Back again for the second week, C21 Theatre Company took the lead on delivering the Summer Drama Camp – Matilda. Based on the popular story from Roald Dahl, the young people fantastically portrayed the much loved characters Matilda, Miss Honey and of course the dreaded Trunchbull! Led by Debra Hill and Jess Dane, the young people took part in workshops in singing, acting and dancing in preparation for the showcase on Friday afternoon. The performance was fantastic and showed the tremendous talent of the young people involved. Parents were impressed by what their child had achieved during the week. One parent said 'These activities give the children a better sense of self-worth from a young age'.



## Junior Academy Buggy Malone

We were delighted to welcome Sarah Davies and Brona Jackson back for the fourth year to deliver our Junior Academy. This year, they took on the much loved gangster tale 'Bugsy Malone'. The young people loved getting to play the amazing characters such as Tallulah, Fat Sam and of course the two rival gangs. The girls especially enjoyed getting dressed up in their fancy costumes for the Friday showcase.





**New Lodge Arts –Summer Street Party**

As part of this year’s Summer Events programme, New Lodge Arts delivered its fourth Summer Street Party. The event took place on Lepper Street on Saturday 12th August with an exciting array of activities. Highlights included street performances from C21 Theatre Company, Pirate Peggy and Sideshow Ramone. Audiences were wowed by the amazing magician Caolan McBride. Audiences had the opportunity to take part in workshops and an array of arts and crafts. But the overall highlight was the Foam Party which was a hit with all the younger audience members.

**Summer Arts Academy – Fame JR**

For this year’s Summer Arts Academy, we were delighted to stage a production of the hit musical – Fame JR led by Sean Mullan (Artistic Director), Sarah Davies (Musical Director) and Rochelle McParland (Choreographer).



32 young people from across North Belfast participated in the programme.

The rehearsals were held during the weeklong residential in Ballyhornan Scout Centre. The young people were immersed in a busy schedule of singing, acting and dancing in preparation for the Friday and Saturday night showcases in the Waterfront Studio.

Over 400 people attended the performances which showcased the talent of the young people. The young people really excelled this year and put on a fantastic show.

Anne Delaney, Arts Programme & Operations Manager said ‘Bringing Fame JR to the Waterfront Studio was an amazing opportunity for the young people and they did not disappoint. Two brilliant performances proved what a talented bunch of young people we have.’



One parent said ‘Thank you so much for the opportunities you provided for both my boys, they truly had an amazing time and their experiences were second to none!’



**‘TADA’ Summer Camp**

We were delighted to work in partnership with NACN Theatre Company in Rathcoole on this year’s TBUC Summer Camp – TADA funded by The Executive Office. The group included 28 young people from New Lodge Arts and Newtownabbey Arts & Cultural Network Theatre Company.

The group headed off to the Share Centre in Enniskillen for an action packed weekend of drama workshops, team challenges, bush craft, scavenger hunts, sailing, swimming and teambuilding. The group had an amazing experience on the residential and it was clear to see the positive impact of using arts as a tool for bringing people from different cultures together.

The group worked towards a performance at which was held in the Duncairn Art Centre on Wednesday 26th July 2017.

# Oireachtas Joint Committee Visits Ashton

Ashton Community Trust hosted a meeting on Wednesday 13th September 2017, from members of the Irish Senate who were visiting North Belfast to discuss issues connected to the Good Friday Agreement and Brexit. Paul Roberts, Chief Executive of Ashton Community Trust said, "The implications of Brexit are going to be far reaching for many of us in the community voluntary sector but very directly for those who have been in receipt of EU funding and for deprived communities where EU funding has been one of the most visible peace dividends. Brexit has created fear and uncertainty in communities already concerned about the impacts of rising inflation, welfare reform and universal credit."

The meeting took place at Ashton's Bridge of Hope office in Duncairn Gardens.

Bridge of Hope which supports the health and wellbeing needs of those affected by the legacy of the conflict through a range of holistic services has received funds from several European Peace Programmes and is currently in receipt of PEACE IV funding allocated through the Victims & Survivors Service.

Irene Sherry, Head of Victims and Mental Health Services at Ashton said: "This was a great opportunity for us to share learning, best practice and experiences about how we support the health & wellbeing needs of victims and survivors."

About the Committee on the Implementation of the Good Friday Agreement: This Committee plays a pivotal role in informing debate on key areas of mutual interest regarding North/South co-operation. The Committee works across a number of key areas, which include:



- Reconciliation Issues - such as listening to key people and groups regarding legacy issues and reaching out to diverse communities
- Commemoration Issues - including consideration of significant anniversaries arising over the next decade
- North-South Co-Operation across Sectoral Areas - e.g. Health, Transport, Education, Agriculture, Tourism & Culture etc., with particular reference to the potential impact of the result of the British referendum to leave the EU
- Funding Programmes, with a particular reference to future funding of peace related programmes

Bridge of Hope is a department of the award winning regeneration charity Ashton Community Trust. It is a community health and wellbeing service that supports individuals affected by the conflict with poor physical or emotional health. See more on [www.ashtoncentre.com](http://www.ashtoncentre.com) and [www.thebridgeofhope.org](http://www.thebridgeofhope.org)

## SWEET Programme Celebration Event

Following 6 weeks of training, this group of young people achieved 10 accreditations each. Their certificates were presented by Simon Kitchen, from Fonacab.

Following their presentation the group were all treated to lunch in COMOS as part of their final day on the SWEET Programme.... Congratulations to them all! This Programme is delivered by Ashton's Training & Employment Department. For further information on the SWEET Programme ring 95609522 or call into our office 20 Cliftonville Road.



## World Suicide Awareness Day

The project Tackling Awareness on Mental Health Issues (TAMHI) with support from Belfast Strategic Partnership delivered a World Suicide Awareness Day tournament on the 10th September at Girdwood Community Hub. In total 87 men from across Belfast as well as a team from Ballynahinch, County Down all got together at the event to raise awareness on the issues of mental health. Together they made a human OK sign to promote #itsoktotalk.

Again at Girdwood on Friday the 1st September, TAMHI also brought together 27 football teams, the Irish Football Association (IFA) and 10 support groups to look at Mental Health in Sport. It turned out to be a great, very thought provoking night where clubs from North and West Belfast and Ballynahinch were able to share their experiences and provide insight about their very positive work. This workshop has acted as an inspiration to sports clubs to talk about and to look afresh at further programmes that could be developed to promote positive mental health.



# Lower North Family Support HUB

As we reported in the previous Greater New Lodge Community Magazine, Ashton Community Trust has been awarded the Lead in the Lower North Belfast Family Support Hub.

The Family Support Hub provides early intervention services to families and young people requiring support. The Hub brings together organisations that deliver services to children/young people (0-18 years) and their parents/carers and this includes community, statutory and voluntary family support services.

with our partner service providers to deliver support to almost 400 families and hope with continued funding until March 2018 to offer support to many more families.

The Lower North Belfast Family Support Hub can help your family at many difficult times whether it is dealing with the challenging behaviour of children, debt, stress/depression, alcohol/drug misuse or social isolation. Any adult family member can refer themselves to the Hub simply by completion of a referral form or you may give your consent for another organisation with whom you are involved such as your child's school, your doctor or health visitor or a local community group to make a referral on your behalf. The Co-ordinator of the Hub will then contact you in order to help match appropriate services to your family's needs. At all times your details will be kept confidential until you agree that you would like to avail of a particular service whether it is youth support, advice and guidance or services that offer emotional and well-being support. Your information will only be shared with the organisations who you feel will be of help to your family.

There is now no need for families to struggle through life's difficulties because the Lower North Belfast Family Support Hub is here to help through these times and work in partnership with families to improve outcomes for all the people who live in Lower North Belfast.

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.



Since August 24th 2015, Ashton Community Trust has been co-ordinating and receiving referrals and working to connect families to the services they need at a time when they need them. The wards covered by the Hub are New Lodge, Duncairn, Fortwilliam, Castleview, Waterworks (part of), Chichester Park (part of), and Bellevue. Since the establishment of the Hub we have worked




## Arts Academy

**Weekly Classes**  
**New Members Welcome**

**Monday's starting 18th September 2017**  
 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  
 Hip Hop (P5-P7) 7pm-8pm Girdwood Hub £1  
 Hip Hop (1st-6th Yr) 8pm-9pm Girdwood Hub £1

**Tuesday's starting 19th September 2017**  
 Tiny's Art Class (P1-P3) 3pm-4pm New Lodge Youth Centre £1  
 Junior Art Class (P4-P7) 4pm-5pm New Lodge Youth Centre £1  
 Junior Visual Arts (5-10yrs) 3pm-4.30pm The Recy £1  
 Senior Drama (1st - 6<sup>th</sup> yrs) 7pm-9pm Duncairn Art Centre £2  
 Youth Theatre Class (13-18yrs) (audition only) 7pm-9pm Girdwood Hub £2

**Wednesday's starting 20th September 2017**  
 Drama Class for Adults (18+) 6.30pm-8pm Girdwood Hub £3

**Thursday's starting 21st September 2017**  
 Ballet (Nursery-P1) 3pm-3.50pm The Recy £1  
 Ballet (P2-P5) 3.50pm-4.50pm The Recy £1  
 Ballet (5-7yrs) 5.30pm-6.30pm White City Community Centre £1  
 Ballet (8-10yrs) 6.30pm-7.30pm White City Community Centre £1  
 Tiny's Drama (P1-P4) 6pm-7pm Girdwood Hub £1  
 Junior Drama (P5-2<sup>nd</sup> yr) 7pm-8.30pm Girdwood Community £1

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













## Arts Academy

### Drama Class for Adults

**@ Girdwood Community Hub**  
**Wednesday's**  
**20th September - 13th December 2017**  
**6.30pm-8pm**

**Tutor: Rosie Pelan**

**Please contact Anne Delaney 07736389968**  
**anne.delaney@ashtoncentre.com to register**  
**Over 18's only! £3 per class**










# Eamonn Holmes visits New Lodge Arts

The famous television personality Eamonn Holmes returned recently to North Belfast and the community where he was born and bred. "There have been great changes since I lived here" he said walking through a wet and windy New Lodge where he happily stopped and chatted to just about everyone, from district nurses, to chippie workers and taxi drivers.

Eamonn was visiting BBC Children in Need funded projects in the City, and came along to New Lodge Arts to learn how their funding makes a positive difference to the lives of children and young people in the North Belfast area.

He told Belfast Live: "I think anyone who donates money wonders what's happening to it and for me in particular to see a community that I was once part of, and listening to the radical ways in which they spend this money and how they empower these young people and how they have these aspirations for them, how the parents have aspirations for them, they have dreams and they have goals and I'm just very, very enthused by what these guys do."

Eamonn chatted to young people and staff from New Lodge Arts and encouraged them to reach for the stars. He continued: "Life is often what you make it, but it's really good when someone is there to give you a helping hand or steer you in the right direction".

"I think for a lot of people maybe it doesn't start off in the direction you want it to, or you feel the cards are stacked against you, but people like me have come from this community, people



like Rachel Tucker, people like the superb actor Ciaran Hynes, all from the New Lodge so I say dream, dream big and you can do it."

Despite living in England he is adamant Belfast will always be home "Wherever you go, you never go away from Belfast, Belfast comes with you, and it comes back with you again. This is the essence of who I am, no matter where I am, no matter who I'm interviewing, or what I'm doing, you can take the man out of North Belfast, but you can't take North Belfast out of the man. I'm back here all the time, I have a house here, I used to be back every week, now I'm back every two sometimes three weeks, but I'm here all the time. I think sometimes people think just because you're on TV you live on another planet."

## Ashton CORE Training

- Construction training (Forklift, Abrasive Wheels, Working at Heights, CSR Card, Manual Handling)
- Digital Fabrication
- Food Hygiene
- Employability Training
- Horticulture
- Call Centre Pre-Employment Training
- First Aid
- Six Week Support with Education and Employment Training (SWEET)
- Nails and Beauty
- Barista Training
- Catering and Hospitality

For further information contact a member of the CORE Team on 95609522

## 174 Older Peoples Club

### 174 Trust

**Dance – Bingo – Singsong**

**Every Saturday Night**

**8.00pm – 12.00**

**Bring Your Own**

## NORTH BELFAST CHRISTMAS PANTO

Now in it's sixth year auditions for our Christmas Panto will take place the week commencing Monday 16th October 2017. Auditions will be held in up to 8 North Belfast venues for young people aged 10 – 18 years. Check out our face book page for further information or contact Cecilia Heron at New Lodge Arts on 90742255 or via email [cecilia.heron@ashtoncentre.com](mailto:cecilia.heron@ashtoncentre.com).

# FabLab Belfast

Fablab a project of Ashton Community Trust has been very busy engaging with many outside organisations over the past few months.

## Youth Forum

Our Monday night sessions have started back with the young people of the Girdwood Youth Forum. Before the summer break the Fablab team, with the young people designed two logos that would represent the forum group and the youth space in Girdwood. There were some very creative ideas generated and after many discussions a new design was made. Keep a Lookout over the coming weeks to see the logo on the groups new T-shirts and hoodies. A great way to get young people to feel invested in their group.

## Men's Shed

Over the past months Fablab Belfast have been working closely with North Belfast Mens Shed. The Shed men have bought themselves a new laser cutter and the Fablab team have had a very enjoyable time teaching the guys how to design for and operate their laser cutter. The wealth of knowledge in the Mens shed is incredible and it is wonderful to see the men take their background skills and apply them to new technologies. Keep an eye out over the coming months to see their craft work on sale. A perfect blend of old and new helping the community!

## Workshops

FabLab have been running a series of workshops based around the machines in the lab. We started the series with an introduction to Laser Cutting which was fully booked and went in depth into not just the design of artefacts but the fabrication too and was enjoyed by everyone who attended. This was quickly followed up by an introduction to Vinyl cutting, the use of a plotter to cut vinyl into designs, shapes and lettering. The next in the series is a 3D printing and solid modelling workshop focusing on the fundamentals of 3d design for printing. Keep a lookout on our social media and website for the next up and coming workshops.



## Air Show

Fablab packed up and took the lab to the Portrush Air Show. As part of the S.T.E.M village we were beside Thales, Queens University, Ulster University to name but a few. The laser cutter was fully operational allowing anyone who stopped by to have a go at making their own plane shaped key rings as well as being able to watch as the 3D printer made different aeronautical artifacts! There was also opportunity to play rock paper, scissors with a robot and our very own arcade machine was running non-stop. The event was fully enjoyable and was a big success as the planes and helicopters flew above. We hope everyone else enjoyed it as much as the team did!

## Ploughing Championships

Fablab Belfast are travelling again, as one of the leading partners of Fab Foundation Ireland, we will be travelling to County Offaly to the Irish Ploughing championships. This event in conjunction with Science Foundation Ireland will exhibit to over 10,000 participants and will showcase how the world of STEM is used in every field (excuse the pun). This is sure to be an enjoyable and informative event that will bring together 3 of the 7 Fablabs in Ireland as the Fablab exhibitors.

As always, if you are interested in the work of Fablab or simply want to "have a go", give the team a call on (028) 90 755 142 and arrange an appointment and the fun a friendly staff will be happy to help you explore the world of digital fabrication.

# New Lodge Youth Centre Summer Programme 2017

This year's New Lodge Youth Centre's Summer Programme was a huge success. In-centre activities took place each day which included arts and crafts, fun and games and also BBQ and party evenings, ten residential including a cross border residential to Cork, an international residential to Switzerland, an International Peace Camp and also residential to Newcastle, Castlewellan, Todds Leap and Armagh. Over the eight week programme there was something for every age group to participate in. The Summer programme was broken down into three age groups - 5-7 years old who enjoyed out of centre trips such as adventure playground and W5 as well as the activities within the centre; 8-11 years who enjoyed more outdoor activities such as mountain biking and banana boating; and 12-18 years old who enjoyed outdoor activities such as water zorbing and BBQ's on the beach. We also took part in various activities during New Lodge Festival such as fun days and discussions as well as dance nights. Overall we had a fantastic but busy summer in New Lodge Youth Centre and we are already beginning to talk about what we can do to make it better next summer so watch this space! New Lodge Youth Centre is a project of Ashton Community Trust.



Photos of Senior Summer Youth activities, If your interested in joining the Senior Group contact Paddy Doyle at New Lodge Youth Centre on: (028) 90 751358

# Ashton's 'SWEET' Pathways to Education Information Morning

On the 15th August 2017 a group of young people on the CORE Programme, who were attending the 6 week 'SWEET' Programme, attended an information morning at Belfast Met College, Titanic Quarter Campus.

The group were provided with a full tour of the Belfast MET TQ Campus, as part of the Widening Community Participation 'Pathway to Education' provision. They were accompanied by two CORE Mentors and the Employer & Education Support Officer. For the majority, this was their first time at the TQ Campus and they were very impressed by the size, the resources and variety of vocational subjects offered by the college.

The group were shown around the various buildings throughout the site and they saw many areas such as catering & hospitality, hairdressing, barbering, IT, lecture theatres and the library. The group also had the opportunity to speak with staff on a one-to-one basis; including staff from the Careers Office, the Finance Support Team and the Inclusive Learning Support Team. This gave the young people an early opportunity to discuss possible progression pathways, as well as seeing vocational areas they were interested in. The college also provided a lovely lunch for the young people.

As a result of the visit and the advice and support provided by the college, many of those in the group have enrolled in Belfast Met, in a wide range of areas including IT, Barbering, Manufacturing Skills, Health & Social Care and A Levels. Some have also registered for the Training for Success Programme.

The young people, who attended, really enjoyed and benefited from the session, gaining a better insight into their future progression routes. The CORE team wish them all well as they embrace on their various areas of training, commencing this September!

For further information on Ashton's SWEET Programme or the CORE Programme, ring (028) 95609522 and speak to one of our team.



## LEMIS+ Training Courses Available

**Belfast Works**  
LEMIS+ Project

# TRAINING



We have the following training available

- Childcare Level 1
- Childcare Level 2
- Health and Social Care Level 1
- Health and Social Care Level 2
- Introduction to Hospitality Industry Level 1
- Basic Computers (Unaccredited)
- Personal Development
- Spreadsheets Software Level 1
- ECDL Essentials Level 1
- Wordprocessing Level 1
- Domestic Academy
- Construction Academy
- Warehousing Academy
- Hospitality Academy
- Retail Academy
- Food Production Academy
- Waste Management Academy
- Customer Services Academy
- World Host

If you would be interested in any of these training courses, get in touch with one of our Mentors on 90742255



# Concerned About Suicide?

## What are the warning signs?

Most people who feel suicidal don't really want to die, they just want an end to their pain. These are some of the signs which may indicate that someone is thinking of taking their life:

Note: Some of these warning signs can be associated with everyday behaviour. You should look at the overall picture for the person you are concerned about. However, the more warning signs and associated risk factors, the higher the possible risk.

- A suicide attempt or act of self-harm
- Expressing suicidal thoughts
- Preoccupation with death
- Depression
- Becoming isolated
- Alcohol abuse
- Drug abuse
- Sudden changes in mood or behaviour
- Making 'final' arrangements, eg giving away
- Possessions (such as books, CDs, DVDs)

## Associated risk factors

- Access to a method of suicide, eg medication, firearms
- Loss of someone close (such as a friend or family member)
- Relationship break-up
- Impulsiveness, recklessness and risk-taking behaviour
- Alcohol/drug abuse

## How to respond

If you are concerned about someone you can follow these three steps:

### Show you care

Offer support and let them know you care. Say something like:

*'I'm worried about you and I want to help'*

*'What's up? I'm very worried about you'*

*'Whatever's bothering you we will get through this together'*

### Ask the question

Don't be afraid to discuss suicide – asking about it won't put the idea in people's heads:

*'Do you feel like harming yourself?'*

*'Do you feel like ending your life?'*

*'Are you so down that you just want to end it all?'*

### Call for help

Encourage them to look for help:

*'Let's talk to someone who can help'*

*'I will stay with you until you get help'*

*'You're not alone and there are people who can help you out of this situation'*

### Where to go for help

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

 <p><b>Lifeline</b> 0808 808 8000 24/7 phone support for those in crisis</p>	 <p><b>SAMARITANS</b> BELFAST Freephone 116 123 24/7 listening ear to those in distress</p>	 <p><b>HSC Health and Social Care</b> 028 9074 4447 (in North and West Belfast) 028 9079 6220 (in South and East Belfast) The GP Out of Hours service provides care for urgent problems when your own GP is closed.</p>	 <p>028 9080 5850 Freephone 0800 088 6042 Offers a 'no appointment' service for anyone in crisis</p>
 <p><b>LIGHTHOUSE</b> 028 9075 5070 Provides accessible support services to people who are directly affected by suicide and self-harm</p>	 <p><b>Bridge of HOPE</b> McSweeney Clinic 028 9543 8707 or Ashton Clinic 028 9022 1022. Offers a range of services to support people experiencing stress, trauma or anxiety.</p>	 <p><b>extern</b> CHANGING LIVES EVERY DAY 0845 2590520 Extern Crisis Response Team Offering One to One Support</p>	 <p><b>NewLife Community</b> 028 9039 1630 Offers a counselling service</p>

# Health & Wellbeing Caseworkers at Bridge of Hope

Bridge of Hope is delighted to welcome on board two new Health and Wellbeing Caseworkers who will work directly with victims and survivors to help improve health and wellbeing. Jim and Marissa's roles have been made possible with Peace IV funding secured through the Victims & Survivors Service. A key aspect of the Caseworkers role is to facilitate clients' engagement with statutory, community and voluntary organisations and sensitively communicate needs and requirements.

The Health & Wellbeing Caseworkers advocate on behalf of, and if necessary, accompany individuals to services/appointments/activities where low confidence and low motivation may have left them isolated and marginalised.

They will be the first point of contact for enquiries, liaising with agencies ensuring that complex and sensitive information is communicated with empathy and reassurance.

This PEACE IV support service operates in a highly confidential environment and places victims/survivors emotional and physical wellbeing to the forefront.

The staff will work to identify any barriers individuals may experience when seeking support and they will work with relevant agencies to ensure good access.

The role is carried out in a number of ways including home visits where people may be housebound due to health issues. This service aims to be person and needs-centred and focuses on increasing the quality of health and wellbeing in the sector for victims and survivors and their families.

If you would like to get in touch with Jim or Marissa phone the McSweeney Centre in Henry Place on 0289032 2289 or email jim.mcgivern@ashtoncentre.com and marissa.mcmahon@ashtoncentre.com



Jim McGivern & Marissa McMahon Caseworkers

# Sponsored Walk For Youth Projects

Young people from New Lodge Youth Centre have been fundraising for many months as part of international projects they are involved in. The two Projects are part of New Lodge Youth Centre a project of Ashton Community Trust where young people are travelling to South Africa in November 2017 and Romania in February 2018. Whilst in Romania the young people will be working with children with disabilities, in orphanages and local teens around the town of Baraolt where they are staying. The young people going to South Africa will be working in Durban where they will be helping to build much needed houses in a poverty stricken area whilst also refurbishing and building play parks and a local school.

As support for the fundraising efforts of the two groups KinderKids staff and young people teamed up with the youth centre to help raise £900.00 through a sponsored walk which took place in the WaterWorks. The walk was extremely successful and alongside the staff team from Kinderkids the teams from New Lodge Youth Centre put on a fun day as a thank you for the support for the kids who took part in the walk.

The effort made by Kinderkids will go a long way in helping the teams to reach their targets needed to make the trips happen. We would like to say a massive thank you from all at New Lodge Y.C. to the staff and young people who helped raise the money

and took part in the walk.

Christine McKeown Head of Childcare Services with Ashton Community Trust also congratulated the children, parents and staff at Kinderkids,

“We would like to thank everyone who supported the sponsored walk and help raise these much needed funds. This is another example of people of all ages pulling together to help each other out. This particular project allows some of our young people to go abroad to help others worse off than themselves. In the process it will help build their skills, knowledge, experience and broaden their horizons. We wish them all the very best”.



# International Peace Camp

During the month of August young people and staff from New Lodge Youth Centre co-ordinated and participated in an International Peace Camp as part of Erasmus+ funding. The group organised and planned that they would be joined by five young people and two leaders from four other countries which included Jordan, Palestine, Czech Republic and Lithuania. Just before the camp was due to take place we received word that there was an issue with Palestine groups visas which meant that unfortunately that they were unable to join the camp. On Monday 14th August we gathered at New Lodge Youth Centre to make our way to Castelwellan Forest Park where we would begin the Camp. This was an experience that many of the participants had not encountered before and for some of the participants this was also their first time travelling outside their own countries. The weather stayed true to "good Irish weather" and we encountered heavy rain and strong winds most days and nights but this didn't stop any of the participants from enjoying the experience and having fun.



Throughout the week the group took part in outdoor activities such as canoeing, bouldering and mountain biking for some of the young people this was their first time taking part in some of these activities which they all got stuck into and enjoyed. As well as the outdoor activities all participants took part in workshops based around peace-building, cultural awareness and self exploration. Each participating country brought with them some of their own experiences, music, food and culture to present to the rest of the group.

As the week went on all of the participants began to build friendships and gained a better understanding of the issues that each country has and how these issues although not exactly the same had similarities between them. On the Friday of the International Peace Camp the group left the campsite to move to the next part of the camp this part of the camp allowed the participants to explore more of the countryside and also hear about the history that surrounds the country visually. We started this part off with a tour of City Hall and a talk with Councillor JJ Magee who explained his role within council and also gave a brief history of the building and Belfast. From this the group had asked for some free time to explore Belfast City Centre.



We began Saturday by having our final walk along the beach at Newcastle evaluated the camp and then made our way back to Belfast to explore some more this time from an open top tour bus where the group discovered more about the city and also left their message of peace on the famous 'Peacewalls'. That evening we enjoyed our last meal together and also went to watch New Lodge Arts production of 'Fame'. This was a great way to end the week off and get to relax before making the journey back home. The International Peace Camp was a huge success and we at New Lodge Youth Centre would like to thank everyone who supported and helped us in making this dream project a reality.- Mary, Sinead, Louise. New Lodge Youth Centre is a project of Ashton Community Trust.

## Volunteers Urgently Needed for Tar Isteach

Readers will be aware that Tar Isteach has faithfully served the people of North Belfast and beyond for almost twenty years now. During that time the project has provided extremely important welfare, counselling, training, education, youth and research services to the community. However in more recent times the organisation has been forced to reduce staff and programmes due to severe funding difficulties. This has meant that it has had to rely more than ever before on practical and financial support from the local community. Without this magnificent community support the organisation would have found it impossible to survive. However the funding situation for the group is still precarious and for that reason it is once again calling on the community for its help.

Tar Isteach needs volunteers who can give a morning, afternoon or a few hours a week in a busy welfare rights advice office serving the local community. We need volunteer receptionists who can greet people, take details, answer the phone, take messages and pass them on. Could you manage a waiting room

of clients with patience? Have you some computer skills you can put to good use? We need someone who can deal with the public in a courteous and respectful manner someone who understands the importance of confidentiality. We are also in need of someone to help with cleaning the office, preferably someone with cleaning experience.

If you think you can help and would like to support our services, contact Tommy Quigley at 02895217507, or call in to Tar Isteach 244 Antrim Road, BT15 2AR



# Ranganna Gaeilge agus Imeachtaí Mhic Reachtain Mc Cracken language classes and events

Irish language courses started again in Áras Mhic Reachtain on Monday 11th September and will continue to run every week until June 2018. We cater for all levels to include; absolute beginners, beginners 1, lower intermediate, intermediate conversation, A level support and advanced.

Our coffee morning classes for absolute beginners and intermediate lower levels also started back on Tuesday 12th September, and will run every Tuesday and Thursday morning from 10.30am - 12pm.

It's a great opportunity to take up the language, brush up on your language skills, or improve on your fluency and grammar. All classes are free of sign up or subscription fee, but voluntary donations are welcome on the day/evening.

Wednesday night classes (with Craobh Naomh Pádraig) started back 27th September from 7-9pm. Beginners, Intermediate and Advanced. £30 for the term.

Tuesday 10th October: Classes for teenagers - GCSE Irish, GCSE Gaeilge, AS/A2 Irish. £30 for the term with trip included at the end.

Some more dates for your diary;

13th September: Sean-nós singing classes for teenagers and adults with Doimnic Mac Giolla Bhríde. Classes will run every Wednesday from 7-8pm for teenagers and from 8-9pm for adults, for the duration of seven weeks.

Friday 22nd September: Oíche Chultúir | Culture Night in Áras Mhic Reachtain. Join us as part of the national Culture Night celebrations when the best of traditional and modern Gaeilge hits will be heard. With Doimnic Mac Giolla Bhríde, Frances

Morton and J.J. Ó Dochartaigh.

Saturday 7th October: Concert with Emma Ní Fhíoruisce and Spats Colombo. Tickets £10 and can be purchased in Áras Mhic Reachtain or at [Eventbrite.co.uk](http://Eventbrite.co.uk) (éigse loch lao).



Wednesday 18th October: Belfast International Arts Festival: 'Art' in New York. Join Art Hughes as he talks about his spell in

New York as Visiting Fulbright Scholar. Art will detail his travel diary and show a series of sketches made during his visit to enhance the story. Contact B.I.A.F. Box Office on (028)90 892707 for tickets. Free event, early booking recommended.

Friday 27th October: Concert with Christine Bovill and Los Dramáticos. Christine Bovill brings her new show 'Paris' to Áras Mhic Reachtain, having completed a ten night run as part of the Edinburgh Fringe Festival, and having performed in London and Berlin. No stranger to Belfast she has previously played the Lyric to rave reviews; "That moment when you realise you are hearing something that will stay with you for the rest of your life" Sunday Times.

For more information contact Daithí or Ferdia on: (028) 90 749688, check out our Facebook page [Cumann Cultúrtha Mhic Reachtain](https://www.facebook.com/CumannCultúrthaMhicReachtain), or email [eolas@mhicreachtain.com](mailto:eolas@mhicreachtain.com) | [daithi@mhicreachtain.com](mailto:daithi@mhicreachtain.com).

Áras Mhic Reachtain, 283-289 Antrim Road, BT15 2GZ

## Sporting Success..... Well done Joseph Braniff!

Joseph joined the CORE Project this year, where his confidence grew and he became much more motivated. Since then he has taken up the hobby of running. He did this to improve his health and fitness, and quickly became hooked! He aimed to complete the Belfast Marathon, giving himself two months training preparation and this led to him training every day, mostly twice daily!

Wanting to help others, Joseph chose to raise money and awareness for the charity 'Chest, Heart and Stroke'. The big day arrived, Bank Holiday Monday 1st May 2017, and although Joseph struggled and often wanted to stop, he pushed through and completed it in 5 hrs 19 mins! A fantastic achievement and we would like to send him massive congratulations!

The CORE staff team is very impressed by Joseph's determination and willpower. He is now actively seeking employment and is looking to the future. Recently, Joseph also enrolled for 'Sports Changes Life, Ehoops Programme' where he will be attending sports sessions, at the University of Ulster Jordanstown, to improve his health and fitness. He is also now training, towards the next Belfast Marathon, which is to take place in September 2017!

During his time on the CORE Project Joseph inspired others to change their progression path and be more motivated towards making changes and developing a completely new outlook! The Core Project is delivered by Ashton Training & Employment Services.



# Housing Inequality in North Belfast (PPR Project)

On the 15th August 2017 Belfast City Council's Planning Committee voted to accept a planning application that for the former NAMA owned Hillview site in North Belfast which seeks to create retail only - and exclude all social housing from the site.

The decision was a slap in the face to people experiencing homelessness and poor housing conditions across the city.

Housing need, and religious inequality, is at breaking point in north Belfast with 1,700 applicants in housing stress. NIHE figures from 2016 show the need for 938 additional homes in nationalist areas compared to 38 in Unionist areas. Despite this, figures obtained by a Freedom of Information request revealed how the Department for Communities made a £1.1m loss purchasing and selling land in North Belfast for the purposes of building new homes in unionist areas with little to no demand while failing to address persisting inequality.

Campaigners from the PPR supported 'Equality Can't Wait', alongside supporters from North Belfast Retailers, UNISON, Equality Coalition, Sinn Fein, SDLP, People Before Profit, Alliance and Green Party all noted that the application breached numerous policies, threatened local businesses and ignored Council's responsibility to promote equality.

In advance of the vote - and to demonstrate the potential of the site, Equality Can't Wait worked with award winning architects (Barsav Architects), to produce an alternative vision which demonstrates how the Hillview development could reduce the chronic housing need that exists in North Belfast by up to 14%.

The alternative vision for the former NAMA site, produced in conjunction with architectural firm Barsav Architects, demonstrates how the site could be used to construct:

- 130 homes (as a modest estimate) of mixed occupancy levels built to a high specification including the use of sustainable materials and promoting energy efficiency;
- Community facilities and shop frontage to restore pedestrian activity in a derelict area of Belfast;
- Green space and play facilities for children.

Additionally it is envisaged that during construction phase, the long term unemployed would be guaranteed ring-fenced and fully paid jobs.

Elinor is a mother of two who has spent over 8 years on the



housing waiting list and a campaigner with Equality Can't Wait. She said:

*"We took photographs years ago of all the sites in the city that can be used to tackle the housing crisis. They are running out fast. We have support from all sorts of politicians and organisations and now we need the Council to do its part by supporting our plan for solution to the housing crisis by rejecting the millionaire's plans which just suit him and no one else."*

Dessie Donnelly from PPR, who support the Equality Can't Wait campaign, said:

*"At the Council vote homeless families were bumped down the agenda because the developer was late and had to wait three hours before being heard. Families' presentations were met with impatience and derisory glances from officials and some Committee members. A highly paid Barrister was hired by the private developer to warn Councillors that his client would seek 'compensation' should the plans not pass due to housing need."*

*"The report prepared by Council officials reads like a publicity brochure for the developer. With the exception of the six Councillors who stood with the families, it is evident that this process was intended to exclude the voices of those most in need."*

*"The Hillview campaign mobilised rights organisations, trade unions, political parties, businesses and decent people who put equality and fairness above narrow self-interest or sectarian decision making. At its backbone are the fantastic parents and children who sat patiently while their homelessness was dismissed. The fight continues but patience is running thin."*

# TASK TEAM

Phone: 0289 5218 447  
 Email: enquires@taskteampm.com  
 Task Team Property Management  
 Unit 2, Ashton Centre, 5 Churchill Street, Belfast, BT15 2BP

Facilities Management, General building maintenance, Joinery, Plumbing, Electrical, Painting & Decorating, Cleaning

**Supporting the community through trade**  
[www.taskteampm.com](http://www.taskteampm.com)



## St. Joseph's Church; Sailortown



Sailortown is one of the oldest and most historic parts of Belfast city. It has a long association with the Port of Belfast and the linen industry. The Sailortown community was historically a mainly working class community with a mixed Catholic and Protestant population. The area itself has a rich heritage, historic buildings and economic and cultural links across Belfast and beyond.

The 1960's saw the demolition of a large proportion of Sailortown's housing to create the M2 Motorway, and more recently the M3 flyover. This created a physical barrier between Sailortown and the rest of the City; this along with the rehousing of the community resulted in a sharp decline in the population within the area. This has isolated Sailortown and hindered their access to key services. Despite the lack of community services for the expanding community and the physical isolation of the area there is considerable opportunity to develop Sailortown as a heritage and tourism site with facilities for residents, workers and visitors.

In 2001 a campaign against the closure and demolition of St. Joseph's was led by the Sailortown community and they now own the building on a 150 year lease. The group set up Sailortown Regeneration which works on improvements for the area and its residents and the Friends of St. Joseph's meet every Sunday to hold a service on the Church steps.

Sailortown Regeneration Group (SRG) is currently working on a project to restore St. Joseph's church in the Sailortown area and want to preserve it as a Heritage Centre and community asset focusing on Belfast's Maritime and Industrial past; the Church is the ideal location for a Maritime Heritage Centre to showcase, interpret and present this history for the benefit of visitors, local communities and all those with an interest in the past.

The Church is a Grade B listed building in the Early French Gothic Style (as are Christ Church Cathedral in Dublin and St Columba's Cathedral in Derry) and is the last remaining historic building in the area. It is known as 'Chapel on the Quay' as its spire was the last and first sighting of land for those away at sea. Apart from its architectural value it holds great emotive significance for the community. Over the years they have fought to keep it in community ownership and have built up a huge collection of memories and photographs of the church and surrounding area. They want to use these to keep alive the history of the stories of the people who lived and worked in the Docks, the mills and the on the Seas.

There have been and will be events to celebrate and bring together people who have an interest in Sailortown and its history. All contributions welcome. 11-13 Garmoyle St. BT15 1DY or through Facebook at Friends of St Joseph's Church Sailortown or on terryblfst@gmail.com



**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](mailto:hilary.adair@ashtoncentre.com)
- + call in person at the Ashton Centre



## Thank You From Young People For Support For South Africa Project

In just under two months a team of youth workers and young people from New Lodge Youth Centre, a project of Ashton Community Trust, will set out for an international visit to Durban, South Africa. For twelve days the team will live and work in a Zulu village on the outskirts of Durban, while there they will be helping with the building of a children's play park and refurbishment of a local children's primary school. The team will also take part in cross cultural activities and workshops aimed at promoting cultural awareness, diversity and community development and the young people from the New Lodge will be responsible for training youth workers and teachers in sporting and team building activities.

Recently the group have been working hard fundraising and youth workers and young people on the project would like to acknowledge anyone who has contributed and donated over the last few weeks and months and also a thank you to local business' who gave donations to the group. Without the generosity of individuals and the wider community it would not be possible for us to achieve our goal.

# Ashton's Training & Employment Wellbeing Service

Have you ever thought about what you'd really like to do with your time? If you're not working or are on health related benefits, and don't feel able to work because of health or wellbeing issues, the Wellbeing for Work service could be the answer.

At the Ashton Centre, the wellbeing team empowers participants to discover what they want to do in life and helps them develop the skills to cope with the challenges that life can throw their way.

Local woman, Helen Hill approached the service for help. She said: "I hadn't worked for 19 years when I was hit with a thunderbolt out of the blue that my life needed to change. I had spent all my time raising my children and when they were all grown up and standing on their own two feet, I felt like I wasn't needed any more. I had a moment of realisation, quickly followed by panic. I knew that there was more to me than a housewife and a mother, but didn't know what that was anymore.

"I went to the GP to tell him I needed help, that I had forgotten who I was. He started prescribing me tablets and I just thought to myself that I didn't want to take them - I had a sense that they wouldn't help me find out what I needed to know. Instead of taking a tablet, I wanted to go down a different road. I thought to myself, I'd love to go back to what I was doing before, but the idea of that felt daunting. I had lived for many years in a bubble with only a couple of people in it. It was safe, and the thought of moving out of it was frightening.

"From the window of the Doctor's surgery, you could see an office across the road and I asked him what it was. He told me he thought it was somewhere you go to help you get a job, and I said that's what I'm going to do. So I walked out of his office with a promise that I'd come back in two weeks and take the tablets if I was still not feeling good. And I walked right in the door of the Ashton office on Duncairn Gardens to a friendly face who got me signed up for the Wellbeing for Work service. I haven't looked back.

"Initially, I thought I had nothing to offer, but my coach Rosie helped me to believe in myself. We worked through activities that helped me to recognise myself, both my weaknesses and my strengths. I am not a particularly forthcoming person, but I



Claire Hanna



Rosie Smyth

found myself able to get things off my chest and I walked out of every session feeling ten times lighter than I'd gone in.

"I'm an over-thinker and often wonder what people are thinking of me, but it was easy to see that my coach was genuine, that she was like a friend.

"We worked to help me realise the qualities that I have – a tablet could never have told me that. The self-belief and confidence that I got from the Wellbeing for Work project has really brought me out of myself. I just took part in the Hospitality Employment Academy full time for two weeks, which really reinforced for me that I could do whatever I put my mind to.

"I found the strength in me – a lot of being successful in life is about self-belief. If you think it's there, you'll find the strength to make things happen. I believe in myself now."

For further information please contact Rosie Smyth [rosie.smyth@ashtoncentre.com](mailto:rosie.smyth@ashtoncentre.com) or Claire Hanna [claire.hanna@ashtoncentre.com](mailto:claire.hanna@ashtoncentre.com), Ashton Centre Wellbeing coaches. Or ring (028) 90742255

## Keeping On Top Of Training Opportunities For Local People

Belfast Works LEMIS+ Project mentors tried out their skills at the JMD Training open day at Boucher Road in September. JMD Training provides some of the key health and safety and construction related training that the LEMIS+ Project offers at the Ashton Centre for people who aren't working and need support to get back into employment.

At the open day, mentors and potential clients alike got to experience elements of the courses that form part of the warehousing, construction and other industry specific training academies that are run at the Ashton Centre through Belfast Works.

Mentors were also on hand to give information about the other training available to Belfast Works LEMIS+ clients at Ashton, including childcare, hospitality, customer service, retail and much more.

For details of the training being offered at Ashton this autumn, contact 9074 2255 or send a message via [www.lemisplus.eu/contact](http://www.lemisplus.eu/contact).



# Greater New Lodge Festival 2017

This year's Greater New Lodge Community Festival July 25th – August 12th contained a fantastic range of activities. These photographs show just some examples of the event that took place. The Festival Committee would like to thank everyone that helped make this year's programme a success including all workers, volunteers, funders and participants. For more photos of events go to: [www.facebook.com/newlodgefestival/](http://www.facebook.com/newlodgefestival/)



A Night in the Blocks



A Night with George Play



BBQ and Fun Day in the Recy



Boots before Bonfires



Bugsy Malone Show



Tar Isteach Cross Community Event



Dr Eamon Phoenix Lecture



Fighting Words in 174 Trust



Grace & Generosity



Harbourview Fun Day



Its a Knock Out



New Lodge Beach at the Star NC



New Lodge Six Event



Lepper Street Foam & Fun Day



Tar Isteach Fun Day



Seniors Night in the Recy



St Pats Mural Launch



Sailortown Exhibition

# York Street Interchange An Article by Mark Hackett

Looking at this 1970's cartoon about the West link reminds us some things have not changed for working class communities in Belfast. The York Street motorway project appears to have its budget, contractors are expected to be appointed by Christmas and construction could begin in over a year's time.

## A Civilised City?

It is difficult to believe that any civilised city would still build a motorway right through its centre, encroaching through residents homes and totally ignoring their health and wellbeing needs. There is no funding or projects to alleviate the effects of three years of construction on residents, and no plans for positive projects for the spaces left over once the spaghetti junction is complete.

## Three Years of Disruption!

For three years there will be 13 temporary road layouts and disruption for wider North Belfast with digging, dirt ramps, concrete and large underground services diversions. In area terms, it is probably the largest single construction site in Belfast for decades, a kilometre long and around 250 football pitches or the space enclosed between Shaftesbury Square, City Hall and St George's Market. Many residents are rightly fearful of dust, health issues, rodent infestations and being walled in by this project, the reality is starting to hit home.

## Is there an alternative?

Is there an alternative? - yes, much smaller, simple, less expensive and less damaging options have been worked up and put to the Department of Infrastructure but they are set on their 'big scheme', an expensive 20th Century solution, 20 years behind the curve of what other cities are doing.

## Public Inquiry

After the Public Inquiry, the Commissioners recommended residents have an 'active voice' in the remainder of the design phase, and the Department of Infrastructure "create an effective mechanism to raise concerns". Patently this is not happening, so far only 2 out of 40 issues noted by residents have been discussed. It is increasingly clear that the Department for Infrastructure is not conforming to the spirit or the letter of the Public Inquiry recommendations.



Cartoon from 1977 Westlink Opposition Group

## Local Residents Group

The residents group was formed after a public meeting in 2014, it has had some success in pushing back the worst effects for some houses and winning the case to have their concerns addressed, but the group is increasingly aware this is not currently happening.

Recent scandals about diesel emissions and cheaper testing have led communities to test their own air and find that official figures on air quality are not to be trusted. There are other evidence based and legal approaches that residents can undertake to achieve something better for the area.

## Community Led Survey

A survey and a community rights charter are currently being undertaken by community activists, your voice needs to be heard and supporting these is a next step in seeking a better approach to this project that actually conforms with the Programme for Government that is meant to deliver for everyone.

Mark Hackett is an Architect and Urban Designer. He acts as technical advisor to the local York Street Interchange residents group.

**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

Need basic computer skills?  
Take control

**Computer classes for beginners**

- From turning on a computer and learning to use a mouse, to using the internet and setting up an email account
- Set your own pace on this relaxed course for those who haven't used computers much - or at all

For more information contact a LEMIS+ mentor:

**Belfast Works**  
LEMIS+ Project

Ashton Centre  
5 Churchill Street  
90742255

Led by Ashton Community Trust in partnership with East Belfast Mission, GEMS NI, Job Assist Centre Greater Shankill and Job Assist Centre West Belfast.  
The LEMIS+ Project is part funded through the Northern Ireland European Social Fund Programme 2014-2020 and the Department for the Economy.

# 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 200 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, McSweeney Centre and Alliance Avenue. We also deliver services in outreach locations right across the city of Belfast. If you would like to take steps to better health and wellbeing 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.



**Bridge of HOPE**

**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 other programmes. For further information contact 9075 1358



**Facebook:** <https://www.facebook.com/NewLodgeYouthCentre>  
**Website:** [www.ashtoncentre.com/services/youth-development/](http://www.ashtoncentre.com/services/youth-development/)

**FabLab** (Digital Fabrication Laboratory) is halfway between a laboratory and a workshop it's a place where you can make (almost) anything, where both small children and inventors can turn an idea into reality. 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



**FABLAB**  
BELFAST

**Facebook:** <https://www.facebook.com/FabLabBelfast/>  
**Twitter:** <https://twitter.com/FabLabBelfast>  
**Website:** <https://www.fablabbelbelfast.org/>

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/services/training-and-employment/>

**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/newlodgearts>  
**Website:** <http://www.newlodgearts.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

<http://www.ashtoncentre.com/services/childcare-family-support/>

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

