

# ashton

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## Greater New Lodge Community Magazine



### On Our Doorstep Community Made Film

It is a time of unprecedented urban development in Inner North Belfast. The sights and sounds of construction fill the air, new buildings are emerging at various locations and the physical landscape is changing rapidly. Over the next 5 years or so about 80 acres will be redeveloped, including the University of Ulster Campus, York Street Student Accommodation Tower Blocks, Streets Ahead Scheme, Clifton Gateway, Girdwood, Clarendon Master Plan, York Street Motorway Interchange and other developments. These represent around £1 Billion of investments.

#### Local Perspective

Unsurprisingly most media commentators report this as a good news story. However what has been missed in the general narrative is the fact that in the midst of all of this construction the lives of existing residents are being seriously disrupted by an array of social, physical and environmental impacts that will have long term, negative life-changing effects. Against this backdrop, a number of local residents and community workers recently came together to make a short documentary that would tell the story of urban development from their perspective.

#### Striking Detail

The short film entitled 'On Our Doorstep' was commissioned by Ashton and directed by local resident and film maker James Rea. Although only eight minutes in length the film manages to capture in striking detail the traumatic effects on residents and their deep sense of exclusion, frustration and isolation.

[Continued page 3](#)

### Magazine Highlights

- Page 2 - Impacts of Development on an Inner-City Community
- Page 3 - Deepest sympathy for Ashton Chair Richard O'Rawe
- Page 4 - Frederick Street Carpark Looms Over Homes
- Page 5 - Green Space, Playground And Steps Have Your Say
- Page 6 - Greater New Lodge Community Festival 2019
- Page 7 - New Lodge Youth Centre - Romania Project
- Page 8 - Uniting Communities
- Page 9 - Breakthrough Programme
- Page 10 - New Lodge Housing News
- Page 11 - Ashton CORE Programme
- Page 12 - North Belfast Mens Shed
- Page 13 - Spring Awakens In North Belfast
- Page 14 - Healthy North Belfast
- Page 15 - Belfast Maritime Festival in Sailortown
- Page 16 - Improve your Health & Wellbeing with Bridge of Hope
- Page 17 - Young People Brighten Up The Area
- Page 18 - Thorndale, Duncairn, Kinnaird Residents Group (TDK) Update
- Page 19 - Community Family Support Programme - Case Study
- Page 20 - Shared Reading Space @ Duncairn
- Page 21 - Drug & Alcohol Services for North Belfast
- Page 22 - Bridge of Hope - Upcoming Training
- Page 23 - Lower North Belfast Family Support Hub
- Page 24 - Ashton Services

## Impacts of Development on an Inner-City Community

At Ashton's McSweeney Centre in Henry Place, residents, community activists and elected representatives gathered alongside delegates from various statutory agencies and officials from the Ulster University to hear the results of recent research conducted in the New Lodge/Sailortown area and to view a new community made documentary. The research entitled 'Impacts of Development on an Inner-City Community' documented the many issues and problems facing people living in the shadow of huge, nearby inner city developments whilst the film provided an important visual testimony of the practical effects of this.

### 80 Acres of Development/ £1billion of Investments

Over the next five years a staggering 80 acres of Inner and Central North Belfast will be redeveloped. This includes ongoing constructions such as the new University campus and associated buildings including student accommodation blocks and university carpark. With plans in place to build the York Street Motorway Interchange this area is emerging as the largest construction zone in the city. Nearly £1billion of investment is underway.

### Left Behind and Isolated

However as this important research report makes clear, despite the unprecedented levels of urban development many local people feel they are being left behind and isolated. Despite the fact that their lives are being massively affected those residents living close to the developments do not feel that they are seriously listened to or suitably involved in the key decision-making processes.

### No Compensation/ No Respite

Many residents expressed frustration that there are no projects or government funding to provide practical respite from the effects of living through this disruption, not even basic double glazing or dust proofing, this despite the fact that many people suffer from various health problems including respiratory/ breathing illnesses. There are elderly people confined to their homes, others with very young children who will be left overlooking hundreds of metres of disruptive construction for years to come. Nor are there any social projects coming out at the end that might benefit the community or the primary school set in the midst of the construction sites. As one resident put it, "Surely with this scale of development those in authority should be providing support and a community plan".

### Lack of Coordination

For a number of years now Ashton has been trying to articulate the key issues and offer solutions and positive projects that could mitigate the worst impacts and has developed a number of ideas that could bring social projects into the process. These projects would benefit residents but also create and improve physical and social connections with the city centre into North Belfast for the benefit of all. However this would require a



Large crowd at the launch of research and film

coordinated discussion with government departments about how this is going to happen. Thus far this type of coordination has been lacking.

### Progressive Leadership Needed

These investments will have a life-changing impact, bringing challenges but also opportunities for a community that historically has suffered the severest effects of conflict, poverty and deprivation. All urban regeneration processes should create economic and social improvement and inclusion for local communities. The fundamental principle underpinning good regeneration practice should be open, democratic local community participation.

To make this happen, appropriate partnership structures must be developed, supported, resourced and sustained. Political and statutory leadership, recognition and support are critical for this to happen in any effective manner. With progressive leadership and collective intellect it is possible to accomplish better outcomes for everyone concerned.



Film Maker James Rea (centre)

Continued from page 1

## On Our Doorstep - A Community Made film



### In the Name of Progress

On our Doorstep recalls how the old Sailortown was destroyed in the 1970s and its people dispersed, all to make way for the motorway. Whilst the context has changed the film illustrates how a similar pattern continues to the present day; where once again planning and development processes that are done in the name of progress appear to be oblivious when it comes to the real needs of communities such as our own. This short film is one that everyone should watch and learn from, particularly those with planning authority!

Link to this film <https://bit.ly/2XnFGul>

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## School Uniform Appeal

Ashton Kinderkids need your help!

Any uniforms:  
Blazers, Coats, Polos,  
Jumpers, Skirts,  
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you no longer need  
and that are in good  
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Please donate to  
Ashton Kinderkids  
Uniform Appeal.

These uniforms will be donated during the summer months  
to families within the North Belfast community.

Uniform Drop Off Point: Ashton Centre

For more information contact:  
 (028) 90 742 255

christine.mckeown@ashtoncentre.com  
 fonnuala.black@ashtoncentre.com

www.ashtoncentre.com

## Deepest Sympathy From Ashton Board and Staff On The Passing Of Chairperson Richard O'Rawe

The Board of Ashton and staff would like to extend their deepest sympathies to the family of Richard O'Rawe, Chairperson of Ashton.

Chief Executive of Ashton Paul Roberts, on behalf of the Board said Richard's visionary leadership qualities and commitment would make him impossible to replace.

"Richard was chair of Ashton for the last two years and in that time his leadership, generosity and focused efforts with Ashton were exemplary. He was a true friend and advocate for North Belfast and we will greatly miss his support and guidance. We will also miss the man, a great friend who was so caring and generous with his time."



Deepest Sympathy for Ashton Chair Richard O'Rawe

Richard was Managing Director of Stellar Leadership Ltd, a professional services firm based in Belfast. He had an MSc in Executive Leadership and for the past 20 years worked as an advisor to boards and senior management teams in the areas of leadership development, strategic planning and governance. He recently joined the Board of the International Fund for Ireland. He was previously Chair of Belfast Metropolitan College, Audiences NI and Eastside Partnership.

## Frederick Street Carpark Looms Over Homes

### Overshadowed and Boxed In

Work is well underway on the new Ulster University Car Park at Frederick Street. It is expected that the works will take at least one year to complete. Ashton has organised communications systems with the UU and all of their contractors whereby there are regular meetings and contacts with local residents and community workers to resolve any emerging problems. However whilst good communications are helpful and necessary, nothing can take away from the fact that the general Lancaster Street area is now even more overshadowed and boxed in than before. Tall looming buildings running along York Street and Frederick Street dominate the local skyline and blot out from various angles sunlight for residents.

### Social Housing Blocked

Readers will recall that the current carpark site at Frederick Street had originally been zoned for social housing. However, the site was removed from the Social Housing Programme by the then Minister for Regional Development Nelson McCausland despite the serious levels of local housing need. The site was subsequently re-designated to become a multi-storey car park linked to the UU campus. It was argued at the time that other car parking site options were available. Serious concerns were also raised by community representatives and elected politicians about the motivation of the University and the Minister on this issue. Despite a vigorous public campaign to have the decision reversed and the social housing scheme reinstated the decision to build the carpark was pushed ahead.



## Community Contact Details

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
Carlisle Day Centre .....	9023 1227
Carrick Hill Community Centre .....	9023 1602
Clanmill Housing Association.....	9087 6000
Friends of St Joseph's Church Sailortown .....	terryblfst@gmail.com
Cumann Cultúrtha Mhic Reachtain.....	90749 688
Glenravel Local History Project .....	9032 2289
Holy Family Primary School.....	9035 1023
Holy Family Youth Centre.....	9087 5150
Indian Community Centre .....	9024 9746
KinderKids Day Care - Ashton .....	9074 2255
KinderKids Day Care - Cliftonville.....	90749146
KinderKids Day Care 1 - McSweeney Centre ...	90333966
KinderKids Day Care 2- McSweeney Centre....	95219830
McSweeney Centre.....	9032 2289
Newington Credit Union.....	9035 1773
Newington Housing Association.....	90744055
New Lodge Arts .....	9074 2255
New Lodge Housing Forum.....	9074 2399
New Lodge Safer Streets .....	07564 938276
New Lodge Youth Centre .....	9075 1358
North Belfast Family Centre .....	9024 7580
North Belfast Mens Shed.....	9032 2289
North Queen St. Community Centre .....	9032 3945
Smile SureStart .....	9075 6654
St. Patrick's Primary School.....	9035 1206
Star Neighbourhood Centre.....	9074 0693
TAMHI .....	90 747437
Tar Isteach.....	90746665/90746664

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If you would like to find out more:

- + phone: Hilary on 028 9074 2255
- + email: hilary.adair@ashtoncentre.com
- + call in person at the Ashton Centre



# GREEN SPACE, PLAYGROUND AND STEPS HAVE YOUR SAY ON THIS SPACE

## Blighted Space

The current design of the general green space area that runs from North Queen Street Steps along the Westlink Wall to Henry Place is a product of previous road building in the 1980s. For many years this area has become a persistent hotspot for anti-social behaviour, dumping, fire setting and graffiti. The situation is further aggravated by poor maintenance because of fragmented responsibility for its upkeep and cleansing, with three separate agencies including Belfast City Council, the Housing Executive and the Department for Infrastructure each having separate responsibility for different sections of the area.

## Radical Improvement Needed

In recent times Ashton has convened a series of discussions between community representatives and statutory agencies to explore how this space could be improved to better meet local people's needs. The general idea would be to radically



redesign the site in a way that would make it safer, visually attractive and functionally effective. Statutory authorities have indicated a willingness to explore further how such radical improvements could be achieved.

## Community Conversations

To gather local opinions workers from Ashton have been in ongoing conversation with a significant number of residents that live nearby. This has included leaflet drops as well as doorstep and kitchen table discussions. Two public meetings have also been called where residents have been invited to view draft re-design proposals that have been drawn up by Mark Hackett who is an architect and urban designer working for Ashton. Ashton is keen to gather the views of as many local residents as possible and will continue to conduct community outreach on this matter and keep residents up to date with all developments.

<https://www.ashtoncentre.com/wp-content/uploads/2019/06/Park-Slideshow-Small.pdf>  
To discuss this further contact: Mark Hackett:  
[mark.hackett@ashtoncentre.com](mailto:mark.hackett@ashtoncentre.com)



Draft Vision



Blighted Location - North Queen Street Steps

# Greater New Lodge Community Festival 2019

Planning is well underway for this year's Greater New Lodge Community Festival. The programme will run from 1st- 10th August. Details are still in the process of being finalised and when it is ready a programme containing the full schedule of events will be delivered to every home in the Greater New Lodge area.

## Something in the Air

Amongst the programme highlights this year will be the latest production from Brassneck Theatre called 'Something in the Air'. Written by Laurence McKeown and directed by Tony Devlin the play focuses on one of the most turbulent periods in our history when Bombay Street in West Belfast was burned to the ground in August 1969. Hundreds of families fled south to refugee camps, escaping the violence, but one young woman lost more than just her home. Fifty years later, she is forced to confront the events of that summer in a way she could never have imagined.

## Wide Ranging Programme

The festival programme will contain various other activities with a number of large scale outdoor events planned including, music, play activities and much more. There will also be a wide selection of indoor events including drama, literature, lectures, talks, film and art.

For further information contact Paul O'Neill at the Ashton Centre phone 028 90 742255  
<https://www.facebook.com/newlodgefestival/>



## Need Basic Computer Skills?

If you think computers and the internet are not for you, you're not alone. If you think you're too old or too stupid to use it, you're not alone. There are millions of people who feel the same way. Computers and the internet have become a part of everyday life – from staying in touch with friends and family and sharing photographs to booking holidays and doing your shopping online. It's all really useful... if you know how!

This course has been created to help those people who have never used a computer or the internet to understand and enjoy the benefits they offer.

It takes you step-by-step through the very basics like using a mouse and a keyboard, through to basic use of Word, Excel, Email and searching the internet. It really is easier than you think... so get ready to take your first click.

For further information contact:  
Emmanuel Wilkinson  
ICT Tutor  
T: (028) 95 217 207  
Email: [emmanuel.wilkinson@ashtoncentre.com](mailto:emmanuel.wilkinson@ashtoncentre.com)

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: **Contact one of our Mentors on 02890742255**

**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.

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02890742255

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# New Lodge Youth Centre - Romania Programme

## Romania Programme

During Easter break a group of young people from the New Lodge Youth Centre embarked on a week long leadership programme to Romania. The group visited a small village known as Barolt which can be found close to the Romanian/Hungarian border. The group had been working together for 10 months to make this special trip happen, this involved residential work, issue based group work, volunteering at the 174 Disability Group, homeless outreach and social action projects, personal developments session and endless fundraising. All this ground work ensured that the group were in a position to make this week in Romania a truly special experience and they did not disappoint. From the moment the group touched down in Romania they were a true inspiration, their attitude, approach, caring nature and ability all characteristics to be admired.



## Community Engagement

Throughout the week the group engaged in many different projects which ranged from working with babies and toddlers at the local orphanage to working with people of all ages at the Lara Haz disability group. We spent time with family homes which helped guide and develop older orphans through life and we also spent time at the local hospital for sick children which was a world apart from the service we are a custom to.

## Special Bonds/Special Learning

Throughout this special journey our young leaders made special bonds with local people and had a massive impact on the community. This group's journey was filled with life changing learning and they left Romania with a different outlook on life. Some found motivation to amend broken relationships while others valued the opportunities they had ahead of them. The group were a true inspiration and the local New Lodge community should be very proud of these fine young men and women.

## Thanks

We would like to say a huge thank you to everyone the following for the much appreciated support on the programme: Newington Housing Association, North Belfast Housing, Ashton Community Trust, Ignition Belfast, Newington Credit Union, St Patricks Chapel, PIPS.

## Tackling Awareness on Mental Health Issues (TAMHI)

### Mental Health Week 2019

Recently at the Girdwood Community Hub, TAMHI hosted a huge action packed week of activities to promote wellbeing. Over the course of the week with great support from PWC, Community Foundation NI and the Arn Foundation the following activities were delivered;

- A total of 56 Coaches and Community Representatives received training in Mental Wealth Games
- Two fun days were hosted including St Malachys Old Boys FC Mental Health Cup and PWC's Take Over the City Day event which happened on Friday 17th May 2019

Joe Donnelly who is the manager of the TAMHI project said "The training pilot was a great success with a high level of participation. As a result of the Mental Health Week 745 young people were engaged in positive activity.

When you put this together it is a fantastic outcome. But the real success lies in the fact that many of these people will now go back to their various groups with a renewed commitment to promote positive mental health. We in TAMHI are now reviewing the train the trainer pilot and going forward we aim to improve and further enhance the programme. TAMHI is based at 6 Kinnaird Street, Belfast BT14 6BE, phone 028 90 747437.



## Uniting Communities

The Uniting Communities Programme, is a project led by Ashton which uses sport, physical and creative activity to build good relations between young people from Ardoyne and Ballysillan has seen a successful first phase completed with a celebration event held in Girdwood Community Hub.

Since it's launch in October 2018, over 100 young people aged 11-16 from Ardoyne and Ballysillan have taken part in a wide



range of sports, physical and creative activities that supported them to connect with other young people, build friendships, explore each others culture and identity and enjoy themselves in a safe environment.

The celebration event, entitled 'Togetherness', showcased the activities the young people have been involved in, as well as a display of artwork created by the young people through the creative sessions. Guests were treated to a dance performance by some of the participants as well as being able to sample activities such as the African Drumming, Fab Lab's laser cutting equipment and sports activities facilitated by TAMHI and some of the Young Leaders. There was also the opportunity to see videos and photos from the programme and hear speeches from those involved over the past six months.

Ashton are delighted to have successfully delivered the first phase of the programme in partnership with Ardoyne Youth Centre, Ardoyne Youth Enterprises, North Belfast Alternatives, Fab Lab, New Lodge Arts and TAMHI. A huge thanks goes to Caitlin Ewing from Ardoyne Youth Centre and Marc Young from North Belfast Alternatives for the amazing work with the young people to help build a uniting community.

The Uniting Communities Programme is recruiting again for the 11-16 year old programme which has something for everyone including residentials, team building days and good relations activities delivered through sports, physical and creative activity. The Young Leaders as part of their training programme with Dame Kelly Holmes Trust and Peace Players NI, will also be delivering sessions for the 11-16 year old programme on chosen themes.

If you, or you know someone who is 11-16 years old, from Ardoyne or Ballysillan and would like to:

- Get involved in team building and residentials
- Meet new friends, build your confidence and gain new skills
- Explore personal development, citizenship and good relations
- Have fun

Please contact: Caroline Delaney - Uniting Communities Programme Manager: 02890 742255 email: [caroline.delaney@ashtoncentre.com](mailto:caroline.delaney@ashtoncentre.com)

The Uniting Communities Programme is for young people aged 11-24 years living in the Ardoyne and Ballysillan areas. Funded by The Department for Communities (DfC) 'Uniting Communities through Sport and Creativity Programme' the programme is one of seven headline actions in the Northern Ireland Executive Together: Building a United Community (T:BUC) strategy.

## Dunlewey Addiction Services

Dunlewey Addiction Services was founded in 1987, we offer support, advice, training and counselling for anyone affected by addiction. Our mission statement "unlocking the door to personal growth, learning and change" represents our belief that everyone has within them the capacity to change and develop as unique individuals. Our confidential services are delivered in a safe and welcoming environment.

For the past ten years, we have delivered an Ireland wide, free-of-charge problem gambling service. To find out about counselling and support services in your area contact our problem gambling helpline telephone 1800 936 725 (ROI) or 08000 886 725 (NI).

### Problem Gambling Awareness – accredited training

This 3- hour training course, accredited by Open College

Network NI as an endorsed course, aims to raise awareness of problem gambling in our local community, and to support those affected to find help. It is suitable for any individual and/or organisation with an interest in the subject of problem gambling.

### Training includes:

- Types of gambling
- Effects of problem gambling on self and others
- Where to find resources and support

For further information please contact: Jackie Roberts  
Training & Development Officer  
Dunlewey Addiction Services  
247 Cavehill Road, Belfast BT15 5BS Tel: 07841764719  
E-mail: [jackie@dunlewey.org](mailto:jackie@dunlewey.org)



# Breakthrough Programme



Breakthrough is an exciting programme aimed at engaging young people, aged 14-24 years old, across the North Belfast, Greater Shankill and Newtownabbey areas and is funded by the European Union's PEACE IV Programme and managed by SEUPB.

Led by Ashton, the programme is delivered in partnership with Ardoyne Youth Enterprise, Cliftonville Community Regeneration Forum; New Life City Church; YEHA Project; Street Beat; Newtownabbey Arts and Cultural Network; New Lodge Arts and Loughview Community Action Partnership. Schools engaged in the Programme include Coláiste Feirste, Blessed Trinity College, Boys Model, Edmund Rice and Mercy College.

The schools element of the programme sees us partnered with Coláiste Feirste, Blessed Trinity College, Boys Model, Edmund Rice and Mercy College. The Youth Outreach Mentors have been working with young people around a range of themes and topics. In Boys Model and Colaiste Feirste we have been engaging in an Outdoor Learning Programme which has involved young people challenging themselves through indoor climbing, abseiling and mountain walks. Edmund Rice college have been engaging with FabLab, using their creative skills to make audio speakers. The media and music creative team members are developing a stop motion animation project.

We are now into Phase 2 of the Breakthrough Programme after a successful Phase 1, which ended with our Showcase event and exhibition at the Duncairn Arts Centre. Across the Community, Centre-based/Detached and Schools elements of the programme, staff have been working with groups of young people around a range of themes to reflect the needs of each individual group.

In the Centre-Based Detached element of the Programme young people with our partner, New Lodge Arts, completed their OCNNI Level 1 in Diversity. This involved exploring themes such as diversity, stereotyping, prejudice and discrimination

and the benefits of having a culturally diverse society. Young people have also continued to volunteer at a range of community activities through North Belfast.

In the Community element of the Programme our Youth Outreach Mentors have recruited new groups and have worked through a process of personal development exploring themes such as choices and consequences, confidence and self-esteem and independent living skills. Young people have also been engaged with workshops around learning self-defense skills and undertaking Needs Based training with St-Johns Ambulance.

We have exciting opportunities and events on the horizon within Breakthrough. We will be hosting our creative showcase event at the end of June, for which details and invites will be circulated within the next week. We have 4 young people from across the North Belfast, Shankill and Newtownabbey areas participating in a Cultural Exchange visit to Switzerland as part of the 'Building Walls-Breaking Walls Programme', which involves young people from Switzerland, Ireland, Belfast, Israel and Palestine meeting and sharing elements of their culture and identity.

Our recruitment for the programme is currently closed, however we will begin with new groups again in September 2019.

We will have an Awesome August for recruitment and sampling sessions, so please contact:

Sean Breen, Operations manager for Breakthrough and express your interest in being part of this amazing Youth Work Programme. Details are as follows:

Email: [sean.breen@ashtoncentre.com](mailto:sean.breen@ashtoncentre.com) or  
Call: 02890 742255

Facebook: [facebook.com/breakthroughbelfast/](https://www.facebook.com/breakthroughbelfast/)

# New Lodge Housing News

Just a brief update on all the housing programmes going on in the area, by the time this magazine is distributed the remainder of the new homes in the long streets will have been allocated bringing the current phase of redevelopment to an end, however, this is not the finish of the campaign. As you will be aware an official survey has been conducted by consultants V. B. Evans on behalf of the Housing Executive (H.E.). The result of the survey was that the homes above Edlingham Street are unfit for purpose and unrepairable financially. The H.E. must now work with the Department for Communities to develop a plan to complete the redevelopment of the entire area. The Upper Long Streets Residents Association and M.L.A. Caral will be heavily involved in any discussions or negotiations around this.



In the seven towers discussion is still taking place as to the future of all tower blocks but we have received an assurance that any block deemed to be there for over five years will receive major overhauls including heating, windows, possibly bathrooms and kitchens. The low rise block at the Recy had run into a snag over material but is expected to be on site this week beginning 3rd June. Remedial work is ongoing at New Lodge/Pinkerton with several people decanted to allow for the removal of asbestos.

Some feelgood projects occur occasionally in the area which go unnoticed, one such is the creation of safe space behind Hartwell Place where three small entries were gated to establish a triangle which residents can access through their back door. The space can be used as a community garden in good weather or a safe area to allow young children to play. The residents concerned are delighted.

I would like to discuss the relationship the Housing Forum has with the Greater New Lodge Safer Streets Committee. The safer streets is a multi-agency group consisting of community housing reps and community development reps who meet with statutory bodies such as H.E., Housing Associations, City Council, Fire Service and P.S.N.I. The purpose of the group speaks for itself. Although the group may seem to be ineffective most of its successes go unnoticed. In the past number of weeks several problem tenants have been removed from the area or have been put under enough pressure from housing providers to remove themselves. More are going through the courts. This can only be good news for decent residents who want to live in peace without fear in their own area. Sometimes we hear of parties, intimidation or drug dens a long time after they occurred, we can do nothing, we need information which is current or recent. Anyone can access the safer streets just speak to the Housing Worker at 23 New Lodge Road or telephone 02890742399.

Without information our hands are tied, all information is strictly confidential, for this reason if you decide you would like to speak to the committee personally you will be invited to do so and leave before the meeting commences and we will get back to you. Please help us to help you, anti-social behaviour is a curse on our area help us to clamp down on it.

Liam Wiggins Chair New Lodge Housing Forum.

## 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)

## Follow Ashton On Twitter



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# Core Continues To Support The Young People Of North Belfast Into Employment

Core continues to support the young people of North Belfast in to employment.

The Core Project at Ashton Community Trust is now into its second year of supporting the young people in the North Belfast and Newtownabbey area into employment and training.

To date, the project has helped support 300 clients with their employment and training goals and aim to support another 300+ in the coming year. Clients have benefited from a suite of job academies, employment support with links to live jobs, 1:1 mentoring and personal development courses as well as other support from mental health, drug and alcohol and money management agencies.



This year the project is offering a full schedule of job academies with live job opportunities available and employment skills in CV Writing and interviews. Core is working to ensure an even greater focus on personal development workshops to allow clients to break-down barriers in such areas as mental health, confidence and resilience to ensure clients have the best chance at sustainable employment.

The Core Project is aimed at supporting 16-24 year old's in the North Belfast and Newtownabbey area who are not currently in full-time education, employment or training. The team works throughout the area with the local community and training organizations to reach young people and help support them on a 1:1 basis into sustainable employment and training. Core is funded by the department for the Economy and the European Social Fund.

If you would like to arrange an appointment with a mentor please get in touch. Call us on 028 9560 9522, email: [core@ashtoncentre.com](mailto:core@ashtoncentre.com) or find us on [Facebook @coreproject1](https://www.facebook.com/coreproject1).

## New Lodge Arts Residential Jungle NI 2019

New Lodge Arts took a group of young people to Magherafelt for some strategic planning on the future direction of New Lodge Arts. Not only did the young people enjoy giving their views and ideas for new projects but we had a brilliant time reminiscing on all the fun things that have happened throughout the years. Alongside the many familiar faces we had a new group of young people join us that can't wait to participate in our Arts academy programme - we are excited to welcome them and showcase their many talents hopefully throughout our summer shows this year. The big event of the weekend was taking part in the Jungle NI 5K Rampage - the group rolled, climbed and crawled through the



assault course knee deep in mud, jumped into rivers and swam through reservoir's, and completed the day sliding down the biggest "slip in slide" ever! Covered in layers of mud and a few bubbles to top it all off - all the team completed the course with their very own Rampage medal and fluorescent sweat band. Massive congratulations to each and every proud parent who challenged themselves to overcome some of the very difficult obstacles - they were all returned back to their very proud parents with dirty faces and sleepy heads.

## North Belfast Mens Shed

It's been a busy month in the North Belfast Men's Shed where the guys have got involved in many community activities.

### Belfast Marathon

Some of our shed members give up their free time to volunteer as Stewards at this year's Belfast City Marathon. We were based in the waterworks and ensured the runners kept to the marathon's designated route. Without the support of shed members and all the other volunteers who helped out throughout the day the Belfast Marathon would not have happened. Well done to all those who took part not forgetting the runners who helped raise thousands of pounds local charities.



### Activities and Events

We enjoy hosting days at our Shed but this month we had the pleasure of visiting the Carrick Men's shed. To see yet another great set up from this shed is encouraging of the work going on in all communities that link in with a Men's Shed. We had a great welcome and were able to share ideas and stories. We took opportunity to visit the gas works while we were in Carrick and it was a hidden gem, the men really enjoyed the tour.

### Buddy Benches

We have been busy making buddy benches and we got to deliver one of these to Bunscoil Bheann Mhadagain. Thank you so much for your warm welcome. The pupils look forward to painting the bench and we can't wait to see the finished product in your playground. Watch this space for more buddy benches coming to a school near you.



### Tesco Bag Pack

Thank you for Tesco for supporting us with our fundraising bag pack, we had lots of support from the customers and really enjoyed the day. The success of this enables the Men's shed to carry out projects and keep the North Belfast Men's shed going.

The shed has been busy this month making stuff for the community and also to sell. We are still working behind the scenes on our website which will be up and running shortly and you will get to see all products/work that we are doing. We have been involved in projects with Groundwork making bird boxes/Tern boxes for local community projects.

**Facebook: [northbelfastmensshed](https://www.facebook.com/northbelfastmensshed)**

**Twitter: [@belfastmensshed](https://twitter.com/belfastmensshed)**

**Ashton 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 and a Group, where we will also post information on a regular basis about all of our services, please send friend request or like our page / join the Ashton Group to be kept updated. Thank you

[facebook.com/ashton.centre](https://www.facebook.com/ashton.centre)

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

[facebook.com/groups/Ashton/](https://www.facebook.com/groups/Ashton/)

# Spring Awakens in North Belfast!

New Lodge Arts celebrated the arrival of Spring at this year's Spring Awakening Festival in Alexandra Park on Saturday 30th March 2019.

## Something for all Ages

The Spring Awakening Festival offered something for all ages with street theatre, live music, food stalls, dance acts, circus performers, sports and much more.

## Building Good Relations

The festival focussed on building good relations among communities in the north of the city, providing an opportunity for collective and inclusive celebration. The Spring Awakening Festival is the colourful culmination of a successful outreach programme, involving schools and community groups across north Belfast. Between February and March, over 400 young people worked with a range of artists creating artwork around the theme of the environment including Bird Boxes, Bird Nests, Plant Pots, Eco Bricks and more!

Anne Delaney from New Lodge Arts said:  
"The Spring Awakening Festival is now in its 4th year and offers



some of the very best local talent Belfast has to offer. Hundreds of local children took part in a series of art workshops in preparation and build up to the event and the array of artwork on display was stunning."

"The Spring Awakening Festival is an excellent example of communities working together to promote good relations and maximise the use of shared space. It is a great showcase for the positive contribution children and young people make to our communities."

**The New Lodge Arts  
Production of**  
**Disney**  
**HIGH SCHOOL MUSICAL**  
**ON STAGE!**

**Boot Camp – 8th, 9th & 10th July 2019 – North Belfast**  
**Residential – 22nd – 26th July 2019 – Ballyhornan**  
**Final Rehearsals – 29th & 30th July 2019 – North Belfast**  
**Performances – 31st July & 1st August 2019 – The MAC Theatre**

**The search is on for the cast for the smash hit show High School Musical. Could you be the North Belfast Zac Efron? Or do you fancy yourself as one of the Jocks, Brainiacs, Thespians and Skater Dudes? Then this is the show for you!**

**Young people aged 12-17yrs  
Cost: £40**

**Tickets available from  
www.themaclive.com**

**Get in touch with New Lodge Arts on  
02890742255 or 07736389968  
to register your interest.**

Logos: Northern Ireland Executive, T:buc, arts, Belfast City Council, New Lodge Arts.

Calling all budding young performers!  
Do you like to sing, act or dance? Join our popular Summer Drama Camp and work with a professional team to create a play in a week!

**ashton Arts** **NEW LODGE ARTS**

## SUMMER JUNIOR DRAMA CAMPS

**Drama Camp @ Girdwood Hub**  
Tutors: C21 Theatre Company  
22nd – 26th July 2019, 6-11yrs  
10am-3pm each day  
Performance 3pm on Friday  
Girdwood Community Hub, Cost: £20

**Drama Camp @ The Recy**  
Tutors: Sarah & Annie  
29th July – 2nd August 2019,  
6-11yrs, 10am-3pm  
Performance 3pm on Friday,  
Cost: £20

**Get in touch with New Lodge Arts for further  
info on 028 90742255 or 07736389968.  
Spaces are limited and will be on a first come, first served basis.**

Logos: Northern Ireland Executive, T:buc, arts, Belfast City Council, C21 theatre company.

# Healthy North Belfast

"It is the home I chose."

"I wouldn't live anywhere else."

"I was born here nearly ninety years ago, and I have lived all over, but you can't beat North Belfast."

These are just a few of the things people in North Belfast said when we asked them what they love about where they live.

The Healthy North Belfast team has now had conversations with 1,014 residents – from the Shankill to Glengormley, the Cave Hill to the lough shore and everywhere in between – and nearly nine out of ten residents told us good things about the place they live.

The top answer was people – whether it is your family, friends or neighbours, people love North Belfast because of its strong sense of community. It is a place where people still say hello when they pass you on the street and stick together when "things come unstuck".

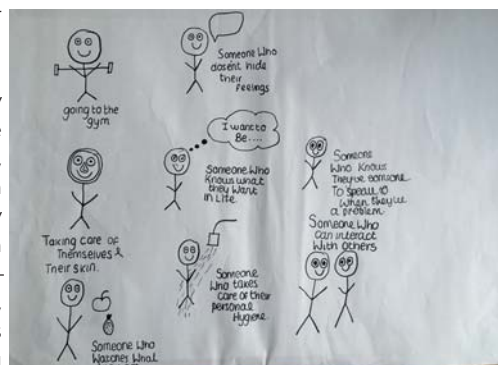
While people appreciate being able to travel in to the city centre with ease, they also love having the countryside on their doorstep, from Boodle's Dam to Carnmoney Hill, the Waterworks to Hazelbank.

Having people to meet, places to go and things to do people get out more, move around more and feel less isolated, all things that are great for health and happiness.

The Healthy North Belfast project is about working together – with residents, community groups, organisations, government and politicians – to come up with a plan to improve health and wellbeing for everyone.

We started by changing the conversation, focusing on what is already working in North Belfast – what is strong, not what is wrong. You

can read more about what we have heard – and what we intend to do about it – on our new website, [www.healthynorthbelfast.com](http://www.healthynorthbelfast.com), by liking @healthynorthbelfast on Facebook or following us @healthynorthbelfast on Twitter.




**ashton**  
Kinderkids Daycare

Caring & learning is what we do, in partnership with you!

- ✓ High quality childcare for 0-12 years
- ✓ Accessible North Belfast locations
- ✓ Flexible childcare options with competitive rates

Get in touch

**(028) 90 742 255**

christine.mckeown@ashtoncentre.com  
fionnuala.black@ashtoncentre.com

www.ashtoncentre.com

## 174 Older Peoples Club 174 Trust



Dance – Bingo – Singsong - Every Saturday Night  
8.00pm – 12.00am - Bring Your Own

**TAR ISTEACH**

IARCHIMÍ POBLACHTANACHA THUISCEART BHÉAL FEIRSTE  
NORTH BELFAST REPUBLICAN EX-PRISONERS & FAMILY MEMBERS

**ANNUAL GENERAL MEETING**  
**FRI 28<sup>TH</sup> JUNE, 2:30PM,**

EVERYONE WELCOME - TÁ FÁILTE ROIMH GACH DUINE  
**TAR ISTEACH, 244 ANTRIM RD BELFAST BT15 2AR**



## Belfast Maritime Festival in Sailortown

Sailortown had a range of great events over the May Bank Holiday weekend.

The WW1 exhibition displayed the photos and details of 60 men from Sailortown who were in the Merchant Navy in 1919. Many of their descendants were delighted to find members of their families in this archive.

St Joseph's was buzzing with archive film of the Sailortown Area on our big screen.

The SHIP group assisted us by facilitating walking tours looking at the areas rich heritage.

Resident Artists put on a 'Tastes of Sailortown' workshop in the Mission to Seafarers where people offered their ideas for Sailortown recipes.

There was a celebration of the Rotterdam Bar in Barrow square with music food and beer all day Saturday

Sunday brought the annual May Procession where ex residents carried the Statue of Our Lady around the docks. Many long lost cousins reconnected in St Joseph's before and after the event.



There was a Sea Songs and Shanties session in St Joseph's on Sunday afternoon where people enjoyed Arborist's interpretation of seafaring tunes.

All in all a great weekend of celebration of the Sailortown area and will definitely be repeated, possibly during the reunion in August.

**Keep an eye on our social media for news:**

[StJoesSailortown@gmail.com](mailto:StJoesSailortown@gmail.com)

<https://www.facebook.com/groups/StJoesSailortown/>

<https://twitter.com/StJoesBelfast>

## Tar Isteach Annual Sponsored Walk

Tar Isteach held its annual sponsored walk on Saturday 8th of June 2019. People gathered at the Tar Isteach building on Antrim Road early in the morning before being ferried by bus to the River Lagan towpath to carry out the 2 hour 30 minute long trek. For a number of years now the project has had to appeal to the community for its support in order to hold back the very real threat of closure to their much needed services. Despite the huge demand and tremendous level of provision; set against the accumulative effects of welfare reform; Tar



Isteach remains massively under-resourced to do the job at hand with its overworked staff endlessly stretched to the limit. Manager, Tommy Quigley said, "To everyone that contributed to the sponsorship drive including those that took part in the actual walk itself, our management and staff wish to convey their greatest thanks. We continue to draw inspiration and strength from the community and we will continue to provide the best services that we can within the limits of our reduced capacity".

Tar Isteach offices, 244 Antrim Road BT15 2AR, Phone 02890746665 or email: [info@taristeach.org](mailto:info@taristeach.org)

## Supporting Families - North Belfast

Google is now "our arbiter of all things" so when looking for information on North Belfast I found:

- "Legacy of the Troubles still felt"
- "1/3 of children live in poverty"
- "Some of the highest levels of health inequalities in Northern Ireland"

It makes for grim reading, yet it negates the many positive things- the people, families, parks, landscape, historic buildings, shops and transport as well as a diverse and vibrant community voluntary sector.

Through our holistic care pathway we provide support to families facing poverty, increasingly reliant on food banks, dealing with additional needs and challenging behaviours. Consequently a picture emerges of demoralised, stressed and socially isolated parents struggling with everyday life.

So how does SFNB work?

We use the 3 tier Hardiker Model as the basis for our care pathway:

Tier 1 - Universal -children and parents programmes across 24 primary schools

Tier 2 - Family support interventions

Tier 3 - Counselling

We could outline facts and figures about impact but we'll give our last words to participants:

'The counselling is a great resource given our limited budgets. We had three pupils who really needed somebody to talk to.



'They have been calmer in the past few weeks. I don't know what has changed them but they were very volatile and had reached crisis point running out of school. They haven't been sent to me recently.' Principal

'I still have times when I go in to a low mood but I can step out of it. I am more aware of the children and they are becoming more independent as they are getting older. I am 100% more confident in my parenting because I am more confident in myself and I know I am not a failure. Life isn't all rainbows and butterflies.' Mum

A ringing endorsement? We'll leave it with you.  
Claire Allen Project Coordinator 07585125743  
Trish Brady Family Support Worker 07552404245

206 Duncairn Gardens Belfast BT15 2GN

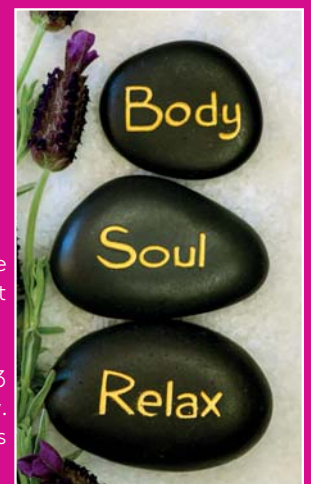
## Improve your Health & Wellbeing with Ashton's Bridge of Hope

Ashton's award winning health and wellbeing project Bridge of Hope delivers services to help manage and reduce stress, and encourage the development of positive, healthy and resilient lives. Wellbeing services include:

- Complementary Therapies
- Life Coaching
- Counselling and Psychological Therapies
- Accredited training in Complementary Therapies
- Personal Development workshops
- Grassroots Transitional Justice programmes
- PEACE IV Health & Wellbeing Caseworker Support

This range of support is available to those affected by the conflict, poor mental health and suicide and self-harm. It is made possible through funding from the Victims & Survivors Service, Belfast Health and Social Care Trust (BHSCT) and Public Health Agency.

If you are interested in accessing support, get in touch with the team on 028 9022 1022 or 028 9543 8707. You can self-refer or be referred by a family, friend, community group, GP or public body. Bridge of Hope's bespoke clinics operate from the McSweeney Centre and 16 Alliance Avenue as well as various outreach centres.





## New Lodge Youth Centre - Poland 2019

The You & Me Group along with This Girl Can from Monkstown Boxing Club took on Krakow, Poland. The group visited Auschwitz, Birkeau, the Schindlers Factory and the salt mines. This cultural learning international trip was amazing, from the learning that each young person gathered to the relationships they built throughout. After 3 months of preparation and exploring the Holocaust. The development in individual young people was clear to see. Their achievements have enhanced the group capacity and raised their future aspirations.

### Auschwitz

#### Young person, Darragh Mackin sums up his experience at Auschwitz

"Today was not what I expected at all. I still cannot get into my head that this happened, all these innocent men, women, kids and babies tortured and brutally murdered for who they are. Over 6 million people murdered on the grounds I walked today. I stood in the rooms they slept, on the fields they worked and in the rooms where they took their last breath, thinking this isn't real or is this a movie? But it's not. Its real life! It was such a bizarre experience but I can say I am proud of myself for even



stepping foot into those chambers, rooms and ground. Just total disbelief!

This has been an amazing trip and the best group of young people I've ever had the pleasure to take away.

Kerrileigh, Youth Support Worker

## Young People Brighten Up The Area

We are a group of young people doing a Gener8 programme with Springboard Opportunities. This is a Peace IV programme, for citizenship we took part in a community clean up around the New Lodge area. The reason for doing the community clean-up was that we wanted to help out the New Lodge community as part of our group and to also show that we care and are willing to help out in whatever way we can and we also thought this was the best way to show how much hard work that our group is willing to put in.

### Day Long Effort

We organised with the Belfast City Council as well as the North Queen Street Community Centre (The Recy) to get some cleaning equipment such as litter pickers, bin bags and shovels etc. We then went up to the walkway beside the Community Centre to start our clean up. We picked up any litter we came across along the walkway and we also shovelled up all the large pieces of wood that had been burnt, this took us most of the day.

### Helping the Community

During this community clean-up we gained the opportunity to help the New Lodge community by tidying up a busy walkway within it and talk to local residents. Doing this project helped us respect and take pride in the amount of hard work that was put in by the group. I also had people from the community walk past and tell us how good a job we were doing which really made us

happy and take pride in the amount of work we put in.

### Brighten Up the Area

We finished the clean-up and have now decided we would like to focus our service project as part of the programme on brightening up the walkway by building flower beds along the grass and adding some murals along the walls. This would really brighten up the area and bring a good positive look to the community and would be a visual piece of work that we could always go back to and remind ourselves of the work we have done. We are waiting on the Department of Infrastructure to give our group approval for this and hopefully we will get to work soon!

Adam McCullough  
Young Person on Gener8



## Thorndale, Duncairn, Kinnaird (TDK) Residents Group



TDK Community Clean-up

The TDK Residents group is entirely made up of people that give up their time on a voluntary basis to improve and positively develop local community life. For many years now TDK has been involved in a wide range of activities aimed at creating a good sense of community spirit and safety in the area. The details contained below provide a recent snapshot of just some of the various activities TDK helps deliver.

### Great Work

Bus runs have been organised to Carnfunnock on the 29th June and Portrush on the 17th August. There was such a massive demand for places that seats for the buses were filled almost immediately. Basket and Window Box Making Classes with the participation of 40 people took place on Thursday 6th June. A clean-up of the alleyway in Thorndale and Kinnard Close including bulky items was recently carried out. Another Community Clean-Up was organised in the area for the 15th June followed with breakfast in Cassidy's Bar. With the help of Katrina at Ashton Community Trust local residents participated in Paper Flower Making and Arranging Classes in the Ulster University on the 8th May. A tour of the University is to be organised for September whereby TDK residents will be invited to view its inner workings.

### Food Bank

TDK is also active in organising a Food Bank which is open at the 174 Trust between 10.00 am - 12.00 noon on Mondays and

Wednesdays. TDK takes this opportunity to thank students from Queens University who so kindly donated lots of items for the Food Bank, with special mention to local woman Cecilia Heron who was instrumental in making this happen. A fund raising exercise will take place on June 27th at Tesco's in Yorkgate to provide funding that will go towards helping people that rely on the Foodbank with their gas and electric costs.

### Festival Time

As part of the Greater New Lodge Community Festival TDK is organising a Movie Day on Friday 9th August. This will be held in the Girdwood Community Hub. The Disney musical fantasy Frozen will be shown at 1.00 pm, whilst later at 7.00 pm John Ford's enduring 1952 classic the Quiet Man starring John Wayne and Maureen O'Hara is showing. Free popcorn, ice cream and soft drinks provided, thanks to Movie House and Clanmil Housing!

### Thanks

TDK would like to thank all the other community organisations, statutory agencies and Housing Associations that work with us. However we take this opportunity to say a special word of thanks to local Councillor JJ Magee for his tireless efforts on our behalf including his direct personal involvement in various activities, not least the clean ups and fund raising.

**Rosemary McGreevy Chairperson**

# Community Family Support Programme Case Study



Mum lives at home with her husband and her children, Dad works full time and mum has been unemployed for over a year and would like to get back into work but needs supports.

## Issues within the Family

Mum has no family supports and limited involvement within the local community. The children are also isolated and not engaged in any activities. Mum speaks good English but requires help with literacy skills and would like some supports with the children if she was to gain employment to maintain good routines and boundaries. Mum also needs support with job searching and completion of CV.

## Impact on Family

Due to lack of family supports and social isolation mum feels this is having a negative impact on her mood and the children were not getting the opportunity to engage with others over the summer period and this was a concern for mum. Due to her husband working full time, the number of hours' mum could work was limited so she felt this was a big barrier for her

and this was effecting her confidence and self – esteem.

## Programme of Support/Interventions:

The children were referred to a drama club over the summer period which both attended and really enjoyed. Mum also attended the final show with children. Family attended fun days within the local community and also availed of family swim passes to improve relationships and increase social inclusion. Mum attending the MUNCH programme, this will help mum enter back into a training environment with skills to improve her emotional wellbeing and prepare healthy meals for the family. Mum has also been referred to the essential skills tutor for supports with English to help improve her confidence. Employment support offered with CV completion. Mum has gained employment of 12 hours a week which at this time suits her family needs.

Should any family wish to avail of this service please contact Kris Morrison on 02890 742255 or email [kris.morrison@ashtoncentre.com](mailto:kris.morrison@ashtoncentre.com)

## Shared Reading Space @ Duncairn



Nadine Fay and Kris Morrison (Community Family Support Programme) along with Edith McManus (Lower North Belfast Family Support Hub) and Marnie Kennedy (Reader In Residence) (3rd Right)

A new Shared Reading Space was formally opened On Monday 3rd June in the Cafe Krem at The Duncairn Centre for Culture and Arts. Those attending the event were given a warm welcome by Marnie Kennedy who is Reader in Residence at the Duncairn. Marnie explained that the reading community has greatly expanded in recent times and the establishment of a new reading, resource and information point was just another indication of the growing enthusiasm in the community for Shared Reading. She praised the various participants and volunteers who through their collective input had made the project the success that it was. Marnie concluded by saying that she was looking forward to attracting new volunteers and participants and anticipated even greater success for the project.

### What is Shared Reading?

Shared Reading brings books, poems, and plays to life through reading aloud and group discussion. 'It is a 'reading revolution' led by The Reader, the Liverpool-based charity that is growing a network across the UK and the North of Ireland. Thousands of people get together each week to enjoy and experience great literature through Shared Reading. Groups are free and open to all, normally last an hour and a half and run weekly in local community spaces.

Shared Reading is about reading for pleasure and connecting with other people. It's not a class - there's no advance reading, just come along and sit back or join in. Bring a friend!

Two new Shared Reading groups have begun in The Duncairn and Belfast Central Library - now there are four to choose from. Everyone's welcome.

The new Monday morning session in Duncairn Centre for Culture and Arts is at 9.30 am will suit parents and grandparents who want to take an hour for themselves after dropping children to school/nursery.

The Central Library session is every Friday from 2.30 pm.

For more information call The Duncairn on 028 9074 7114 or Central Library on 028 9050 9150.

[www.facebook.com/stories.at.the.duncairn](http://www.facebook.com/stories.at.the.duncairn)  
and [www.thereader.org.uk](http://www.thereader.org.uk)

Marnie Kennedy, Reader in Residence  
Duncairn Centre for Culture & Arts  
Corner of Antrim Rd and Duncairn Ave

MEET PEOPLE  
SHARE EXPERIENCES  
FEEL CONNECTED

**BE PART OF A BIGGER STORY**

*Shared Reading groups bring people together through great literature to talk, laugh and share.*  
*Just drop in and enjoy listening to a story or poem – no pressure to talk or read.*

**Try Shared Reading in Belfast**

MONDAY		
<b>Duncairn Centre for Culture &amp; Arts</b>	cnr Antrim Rd & Duncairn Ave T: 028 9074 7114	9.30am - 10.30am <i>(term time only)</i>
<b>Duncairn Centre for Culture &amp; Arts</b>	cnr Antrim Rd & Duncairn Ave T: 028 9074 7114	2pm - 3.30pm
TUESDAY		
<b>Duncairn Centre for Culture &amp; Arts</b>	cnr Antrim Rd & Duncairn Ave T: 028 9074 7114	7pm - 8.30pm
FRIDAY		
<b>Belfast Central Library</b>	Royal Ave T: 028 9050 9150	2.30pm - 3.30pm

Speak to us 0151 729 2200    Email us info@thereader.org.uk    Find out more online www.thereader.org.uk    Connect with us #SharedReading

## Drug and Alcohol Services for North Belfast

When alcohol or drug use becomes a problem in a person's life it can be hard to know where to turn, but don't panic, help is close at hand. This card provides details of sources of support available locally.

### Help for Young People

What you need	Who can help	Age	Contact
<i>I want advice or help with my drinking or drug use to cut down, stop or stay stopped.</i>	DAISY Service (Start360/ASCERT)	11-25	028 9043 5815
	Extern Reach Out Project	<18	07442 533165
	Falls Community Council	<18	028 9020 2030

### Help for Adults

What you need	Who can help	Age	Contact
<i>I want advice or help with my drinking or drug use to cut down, stop or stay stopped.</i>	<b>Treatment and Support</b>		
	Addiction NI	18+	028 9066 4434
	ASCERT	18+	0800 2545 123
	BHSCT Addiction Services	18+	Ask your GP to refer you
	Dunlewey Addiction Services	18+	028 9039 2547
	Falls Community Council	18+	028 9020 2030
<i>I am not ready to stop. I am an injecting drug user or a chronic drinker and at risk of losing my home.</i>	<b>Harm Reduction Services</b>		
	Drug Outreach Team (Injecting drug users)	18+	028 9504 1433 or 028 9504 7301
	Extern Alcohol Housing Support Service	18+	028 9033 0433
<i>I have stopped taking alcohol or drugs and need support to help keep it that way.</i>	<b>Recovery Groups</b>		
	Alcoholics Anonymous	18+	028 9043 4848 www.alcoholicsanonymous.ie
	Narcotics Anonymous	18+	07810 172991

### Help for Families

What you need	Who can help	Age	Contact
<i>If someone you care about is drinking or using drugs you can get advice and support too.</i>	Addiction NI	18+	028 9066 4434
	Al-Anon and Al-Ateen Support Groups	12+	028 9068 2368
	DAISY Service (Start360/ASCERT )	Any	028 9043 5815
	Falls Community Council	Any	028 9020 2030
	Families Affected by Addiction Support Group	18+	07803 526709
	Reaching Out Family Support Group	18+	07729 184612
<i>Whether it is your parent, child, partner or someone else these services can help you better cope with the situation.</i>	Steps to Cope (where a parent is drinking/using drugs)	11-18	0800 2545 123 www.stepstocope.co.uk
<i>The person who is using alcohol or drugs does not even have to be getting help themselves.</i>			

If it is an emergency or you need urgent support or advice you can contact:

Your GP  
Out of hours GP service 028 9074 4447  
Call 999 for the emergency services or present in person at your local Hospital Emergency Department (ED)  
Lifeline on 0808 808 8000 (24/7 free)  
Childline on 0800 1111 (24/7 free)

**Some advice for anyone taking alcohol or drugs to keep them safer.**

Only use one substance at a time. Mixing different drugs, including alcohol, increases the risk of overdose.

The strength of a drug can differ each time. Only take a small amount and wait to see its effect before taking any more.

Never use when alone and always look out for your mates. If someone has an unexpected reaction call 999 for an ambulance straight away.

Details of all drug and alcohol services in NI are available at [www.drugsandalcoholni.info](http://www.drugsandalcoholni.info) or by contacting the Belfast Drug and Alcohol Coordination Team Connections Service at [connections@bdact.info](mailto:connections@bdact.info). This card has been produced by the North Belfast Drug and Alcohol Stakeholder Forum and the Belfast Drug and Alcohol Coordination Team.

# Bridge of Hope Upcoming Training

**SWAN - Monday 22<sup>nd</sup> July 2019 9.30am -4.30pm**

The S.W.A.N one day really helps develop goal setting. By working on lifestyle, health, work and relationships this stress management course helps people look at their lives and identify the best direction for them. The first step in this process is to identify how you are currently dealing with stress and then look at ways to cope better. Participants



will look at themselves in depth identifying their Strengths, Weaknesses, Ambition and Needs. By listing these they can more clearly identify their feelings in order to find the best path. S.W.A.N also looks at ways to improve how you deal with stress including breathing techniques and practical skills you can improve the way you communicate.

**Resilience Building - Friday 2<sup>nd</sup> Aug 2019 9.30am -4.30pm**

This course is for you if you want help identifying personal strengths and are interested in learning how to become more resilient in dealing with life's challenges. The course covers these issues:

- How to create resilience
- How to set goals
- How to create an action plan
- Self Awareness
- Self confidence
- Self reliance
- Self actualisation
- Self control
- Flexibility
- Optimism & Resilience focuses on how to develop interpersonal effectiveness:
- How to relate to others
- Empathy
- Relationship skills
- Assertiveness
- Optimism and resilience (developing a positive mind-set)
- Developing a Can-do attitude

## Mindfulness

**Monday 9<sup>th</sup> September 2019 6.30pm -8.30pm**

8 Week - Mindfulness seeks to develop and nourish present



moment awareness. Mindfulness practice leads to:

- Less worry about the past or future
- Less criticism of self and others
- More acceptance of the present moment as it is
- A different way of relating to and coping with sensations, emotions, thoughts and feelings.
- A greater sense of being a part of life What are the health benefits of Mindfulness?
- Reduced stress and anxiety
- Improved sleep and concentration
- Pain is easier to cope with

## Confidence & Communication

**Friday 15<sup>th</sup> September 2019 9.30am -4.30pm**

The workshop aims to provide tools and techniques to help improve confidence and communication skills.

In this work shop you will learn to:

- Identify negative beliefs
- Increase/improve confidence
- Improve self-esteem
- Feel in control of life
- Communicate better
- Get your message across



- Understand what motivates you
- Work on what you want
- Learn from past experiences

For further information contact Mary Stanton on 028 90 322289

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

## Ashton Staff Choir Hits High Note

Ashton's Staff Choir commenced in November 2018 and has been a successful initiative in connecting staff and improving communication across multiple Ashton Departments. The choir meet every Thursday lunchtime and members have reported a boost to motivation, productivity, morale and general wellbeing.

Led by Choir Master, Clare Galway, the group have already a healthy repertoire under their belt, ranging from Ed Sheeran to Fleetwood Mac. We look forward to tracking their progress in the near future.



## Lower North Belfast Family Support Hub

It is now almost four years since Ashton Community Trust was awarded the lead for the Lower North Belfast Family Support Hub.

### Early Intervention

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.

### Hundreds of Families Supported

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 with our partner service providers to deliver support to 780 families and hope with continued funding until March 2020 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, stress/depression, alcohol/drug misuse, debt or social isolation.

### Referrals

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.

### Here to Help

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.



Lower North Belfast Family Support Hub meeting

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

### Lord Mayor's Award

We are delighted to announce that in March the Lower North Belfast Family Support Hub as part of the Belfast Family Support Hub network was presented with the Lord Mayor's award in recognition of hard work and dedication within the community. This was presented at an evening event for the 10 Belfast Hubs in the Lord Mayor's Parlour and it was a great honour to receive this. We would like to thank all our Hub partners for their continued commitment to the Hub and the families who are referred through it.



Christine McKeown & Edith McManus with Mayor

# 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 250 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.

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

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

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

Website: <https://www.fablabbelfast.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

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/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

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

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