

ashton

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Greater New Lodge Community Magazine

Sharon O'Connor Interim CEO Looking Back At 30 Years Of Ashton



Left Sharon O'Connor Interim CEO of Ashton along with members of original Ashton board

Thirty years ago I was freshly out of University and I got a job as an economic development project worker. It was a new start for me and my little daughter and I was delighted to have the opportunity. I worked in a number of areas in Belfast but I quickly prioritised my work with the New Lodge where there was the seed of an idea to bring some much needed economic activity into the district. The original idea was employment services, business units and a cooperative supermarket to provide local shopping opportunities. There was no money, no grants were available and we decided that the only way to demonstrate our serious intent was to raise some funds within the community. I was one of the people who collected the money, it was incredible how local people rallied to the call.

Perhaps you or members of your family (there were lots of Mummy's and Daughter's involved) were involved, if so let us know. We established our project office at the top of the New Lodge on the Antrim Road, the project office was a centre for people to see what was planned.

Local people invested in the own future by buying shares in the project and our timing was excellent because the International Fund for Ireland was born which delivered a significant opportunity to obtain investment. We developed the building design and made a bid and the Ashton Centre was on its way. Unfortunately I don't have any photographs of Santa on a Fire engine coming to the rubble strewn site of Ashton's first

Continued on page 3

Breakthrough Programme TAMHI Abseil in the Dark

My Breakthrough group is made up of a bunch of 10 fantastic young ladies aged 14-17 years old from St Enda's GAA. As part of their "Citizenship" element of the programme they decided to help raise awareness and much needed funding for local charity T.A.M.H.I

TAMHI stands for Tackling Awareness of Mental Health Issues and was set up to work with sporting groups to promote Positive Mental Fitness.

My girls are heavily involved in sports themselves and so decided to use their platform within the Breakthrough programme to create an increased awareness of this charity to the wider community and reach out to their family and friends raising a significant amount of money to help fund this brilliant organisation who have engaged non-stop in the community over the pandemic.

Meeting 2 times a week via zoom as a group we created a GoFundMe page and promoted the charity through our social media pages.

Finally we braved the drop at Belfast Castle on Thursday 26th November and raised over £819 which was presented at the event.

Well done everyone involved!
Ray Grant



breakthrough Programme

You can follow the Breakthrough Programme on our Social Media channels:
breakthrough@ashtoncentre.com
<https://www.facebook.com/breakthroughbelfast/>
<https://twitter.com/BreakthroughIV>
<https://www.instagram.com/breakthroughprogramme/>

ashton Community Family Support Programme

Are you interested in developing your learning?

Would you like to keep your mind active at this time.



We Can Help!

If so why not join CFSP where you can avail of free training which includes managing a personal budget and online safety.

To be eligible for this you should live in North Belfast, not in education, training or employment (or had your education postponed due to covid 19).

If interested contact: kris.morrison@ashtoncentre.com,
eileen.oprey@ashtoncentre.com, caroline.mcilwee@ashtoncentre.com

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



Department for the
Economy
www.economy-ni.gov.uk



European
Union
European
Social Fund
Northern Ireland

www.ashtoncentre.com



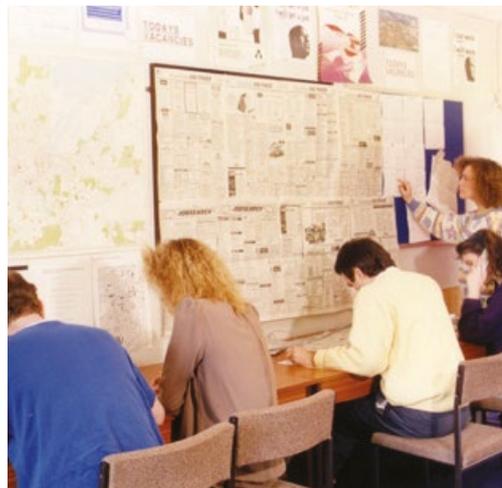
Looking Back At 30 Years of Ashton

Continued from page 1

Christmas where we erected our Christmas tree which local children decorated, but we were on our way.

Over the years like everyone else who played a role in the birth of Ashton I have been so very proud of everything that Ashton has achieved. Contributing significantly to jobs and the economic life of the New Lodge it has transformed many lives. The opening of the building by the Speaker Tip O'Neill of the US House of representatives was one of the most exciting days of my life.

So I'm back in the project on a temporary basis, helping Ashton to plan for the next decade. This has been one of the most challenging years of all of our lives but we must not be downhearted or defeated by it. Ashton is well placed with a fantastic team and most importantly with hope and ambition for a better future. On behalf of the Board and the staff we want to wish you all a peaceful Christmas and better days in 2021 and we will all look forward to engaging with you as we continue our story - your story.



Ashton Here To Help & Support The Community



Bridge of Hope

Email: bohinfo@ashtoncentre.com

Bridge of Hope Project can be contacted on Facebook at: <https://www.facebook.com/bridgeofhope.org/>

CORE Project

Email: arlene.moody@ashtoncentre.com

CORE Project can be contacted on Facebook at: <https://www.facebook.com/coreproject1/>

Belfast Works

Email: kevin.donaghy@ashtoncentre.com

Belfast Works can be contacted on facebook at: <https://www.facebook.com/belfastworks/>

Essential Skills

Email contact: hilary.adair@ashtoncentre.com

Essential Skills can be contacted on facebook at: <https://www.facebook.com/ashtonessentialskills>

Ashton Kinderkids Daycare and Family Services

For information on **Kinderkids Daycare** contact via email:

Christine McKeown on christine@ashtoncentre.com

Charlene Foster on charlene.foster@ashtoncentre.com

Fionnuala Black on fionnuala.black@ashtoncentre.com

If you would like to seek support from our Family Services team, please contact them on the following numbers or via their email: -

For the **Family Support Hub** (provides Early Intervention Family Support Services for families with children aged 0-18)

Edith McManus on edith.mcmanus@ashtoncentre.com or 07396374764

For the **Community Family Support Programme** (provides training and employment opportunities using a holistic family support model)

Kris Morrison on kris.morrison@ashtoncentre.com

Eileen O'Prey on eileen.oprey@ashtoncentre.com or 07926534966

For the **Ashton Early Intervention Family Support Project** (provides 1-1 Family Support service delivered in a family home setting)

Caroline McIlwee on caroline.mcilwee@astoncentre.com or 07538575324

Alana McKeown on alana.mckeown@ashtoncente.com

Breakthrough Programme

Email: rosemary.mccusker@ashtoncentre.com

Breakthrough Programme can be contacted on Facebook at: <https://www.facebook.com/breakthroughbelfast/>

New Lodge Arts

Email: anne.delaney@ashtoncentre.com

New Lodge Arts can be contacted via Facebook at: <https://www.facebook.com/NewLodgeArtsBelfast/>

New Lodge Youth Centre

Email: sean.breen@ashtoncentre.com

New Lodge Youth Centre can be contacted on Facebook: <https://www.facebook.com/newlodgeyc/>

Fablab

Email: anne.delaney@ashtoncentre.com

Fablab can be contacted on Facebook at: <https://www.facebook.com/FabLabBelfast/>

North Belfast Mens Shed

Tel: (028) 90 322 289

Email: mensshed@ashtoncentre.com

<https://www.facebook.com/northbelfastshed/>

Full details of all projects can be found on our website:

<https://www.ashtoncentre.com/contact-us/>

Construction Sites Wish To Complain?

For noise, vibration and dust complaints
Call Belfast City Council day/night:
02890 373 006

For construction at University campus:
Call 02895 901 816 (Somague)

To allow community monitoring copy
complaint to: hotline@ashtoncentre.com

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

The Real Meaning of Community - Sinn Fein Oldpark Councillor JJ Magee

As 2020 draws to a close I've been reflecting on the greater New Lodge area's experience of the pandemic and the one word that repeatedly comes to mind is 'community'.



During the first wave of the pandemic many of us were fortunate enough to perhaps know of a few people that Covid19 had visited and although there was uncertainty and fear we came together as we always do in times of crisis to help each other.

As time passed however more of us experienced family members with the deadly virus. Our neighbours and friends working in the NHS and care settings told tales of an alarming situation developing.

Suddenly it was real and the Mater Hospital was a Covid centre. Sadly people began to die and increasing numbers. May I just say those we lost and their families our in our hearts and inside each daily statistic are individual and personal tragedies that we can't allow to be desensitised to.

The need for isolation and social distancing quickly became an urgent issue of people and families in huge need.

That's when the real community spirit really came to the fore, the community food bank was one example of a practical initiative helping on the ground.

Those that worked then and who are still working so hard don't seek any praise but are worthy of the highest praise for their common human decency at a time of crisis and well done to every single individual and business that donated their time and goods to those who needed it most.

This is the New Lodge we know, these are our people, these are our families, friends and neighbours, this is the real meaning of community.

Months into the pandemic we've learnt lessons on how to manage a little better, lessons which are being put into practice as we approach Christmas.

Food hampers and toy appeals are being worked on and once again members of this community are stretching themselves to help their neighbours.

Yes I'd take this opportunity to urge you to support those efforts if you can but most importantly I'd urge everyone to take the experts advice and ensure this Christmas is a safe one even at the cost of not seeing those we love if necessary.

Finally I wish to save the last word for those workers in the NHS that live amongst us and all those care givers. Your dedication during this crisis has been incredible. Nurses, cleaners, drivers, porters and all who have risked and sadly even lost their lives during this pandemic, we owe you a debt of gratitude that can never be repaid, thank you on behalf of your community.

Community Food Bank <https://www.facebook.com/groups/592760308325380/> Or ring 07734801604.

Virtual Open Night St Patrick's PS

If anyone wishes to visit the school with their child and meet some of the staff, please make an appointment by calling 02890351478

Or email us on info@stpatricksp.s.belfast.sch.co.uk

Mrs Neeson, school Principal, will be visiting the nursery schools and will be talking with parents outside the school gates ensuring social distancing is maintained.

Look out for our video of Life in St Patrick's PS which will be posted on our Facebook page St Patrick's Primary School Belfast

Follow all our pupils' successes on Twitter
St_Patricks_PS

NEW SCHOOL OPENING SEPTEMBER 2021

St Patrick's PS

find us on
<https://www.stpatricksp.belfast.com/>

OR
St Patrick's Primary school
Belfast
St_Patricks_PS

WHEN YOU ENTER THIS LOVING SCHOOL CONSIDER YOURSELF ONE OF THE SPECIAL MEMBERS OF AN EXTRAORDINARY FAMILY

Mrs Margaret Neeson * Principal * St Patrick's Primary School * Pim St, Belfast BT15 2BN * 02890351478

JOIN OUR
ashton
WhatsApp Group

Just text your name to:
078 034 058 99

Belfast City Council Bulky Waste Collection

If you want to dispose of a large item, such as a sofa, cooker, bed or mattress, you can request a free bulky waste collection from us.

Yes

Furniture (must be dry and covered)
Mattresses (must be dry and covered)
Carpet (must be dry and covered)
Electrical appliances e.g. TV
White goods e.g. fridges, washing machines and cookers

No

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

Call 028 9027 0230

Why don't you follow Ashton On Twitter
 twitter.com/ashtoncommtrust

Ashton Welcomes Funding Support from National Lottery Community Fund

The Ashton Community Trust is pleased to announce that the National Lottery Community Fund has agreed to provide it with funding for a new, three- year long project. The project is entitled 'Making a Successful City Neighbourhood- Created by Everyone '.

Urban Regeneration Context

Presently the New Lodge and Sailortown areas sit on the edge of huge city centre regeneration; Ulster University Campus and car park, dense student accommodation blocks, city street improvement schemes, Clarendon Master Plan and other developments including the planned York Street Interchange and Clifton Gateway. The investments are worth many hundreds of millions of pounds. Over the next five years or so approximately eighty acres of Inner and Central North Belfast will be regenerated. However many local residents perceive that the impact on their lives thus far has been largely negative



Department of Infrastructure Meet Community and Elected Reps 2018

and are sceptical about promised trickle down benefits.

Ashton Research Findings 2019

These community perceptions were powerfully expressed in independent research commissioned by Ashton Community Trust in 2019 entitled 'Impacts of Development on an Inner-City Community'. The research was accompanied by a community made documentary called 'On Our Doorstep'. The research findings included demands from residents for structured support to help them deal with the many harmful impacts brought on by the various urban regeneration schemes.

Community Survey

<https://www.ashtoncentre.com/wp-content/uploads/2019/04/Ashton-Community-Survey-Report-Impacts-of-Development-and-Involvement-in-the-Community-Updated.pdf>

On Our Doorstep Film

<https://youtu.be/UnB7-hHfwaM>

Adverse Effects

The recent development of the Ulster University, its carpark and associated student accommodation tower blocks has undoubtedly brought a previously run down part of the city back to life. However the construction processes involved have caused considerable hardship and disruption to the lives and routines of residents living nearby. Since these constructions began residents have endured a range of adverse effects including excessive noise both day and night, dirt, dust, air pollution, structural damage to property, rodent infestation, parking and traffic difficulties, over shadowing, loss of daylight and a sense of being closed in and cut off. With the imminent arrival of thousands of students and associated visitors this will bring with it an array of additional challenges that will require a considerable level of management, communication and liaison between the local community, the University and various other stakeholders both public and private.

Good Will And Cooperation Required

Paul O'Neill of Ashton Community Trust said, " We have been trying our best to assist residents as they struggle to cope with the social, physical, spatial and environmental challenges arising from these huge development schemes. Thus far there had been very little resource to help us do this so we wholeheartedly welcome this much needed support from the Lottery Community Fund. Over the next three years this project will see Ashton staff continuing to work closely with residents and all the relevant external agencies including the university. While we will have a special focus on helping address the many negative factors, we will also strive to ensure that the local community becomes better placed to take advantage of any positive opportunities that may arise. We approach these challenges in a spirit of good will. Through genuine cooperation and with the right attitude from all of the key interested parties hopefully we can produce more positive outcomes particularly for local people not only in the present day setting but for generations to come".

Department of Infrastructure Review York Street Interchange

The Department of Infrastructure Minister Nichola Mallon, recently announced a review of the York Street Interchange project. Some of the priorities for the review include a focus on wellbeing, sustainable travel, creating thriving liveable places and communities, responding to the climate emergency and connecting people and opportunities.



Community Concerns

Since the onset of the formal consultation process in 2014, residents in the Greater New Lodge and Sailortown areas have repeatedly expressed their serious concerns about the project. They see the scheme as ill conceived, outdated, feel it prioritises cars over people and the environment and are fearful of the detrimental effect it will have on community life.

Alternative Design Proposal

Mark Hackett is an urban designer and architect employed by Ashton Community Trust. Acting on behalf of local residents at the 2015 Public Inquiry he presented an alternative road design for consideration. Since then he has further evolved his design. Mark argues, "This alternative solves the road issues while protecting residents from negative impacts. It also allows for streets and routes to be reconnected including to the river and between communities. It cuts expenditure, enables more urban repair and provides real options for a range of social and commercial developmental opportunities including housing, all of which will benefit not only local communities but the city, the region and society in general".

Independent Review Panel

Local residents groups are supportive of the alternative design but fear that it might not be given the due consideration it deserves by DFI. A number of community representatives have met with the Independent Review Panel demanding a serious rethink about the scheme. In a written submission to the Department local residents have made their opposition to the scheme very clear. However should the project be allowed to proceed they have demanded that a neighbourhood protection and mitigation plan should be formulated and implemented. This plan should be agreed in partnership with residents and endorsed by all relevant statutory authorities. Such a plan would require the establishment of protocols agreed in advance of any contract award including;

- How the community would be consulted and informed throughout the process
- How problems that emerge would be effectively dealt with
- How the community would be resourced to engage over the project duration

Engagement, Inclusion and Participation

Paul O'Neill of the Ashton Community Trust was one of the community representatives that met the Independent Review Panel. He said, "In the current city regeneration context the York Street Interchange if managed in a more compassionate and forward thinking manner could provide an important illustration of how real community engagement, inclusion and participation could produce more positive and consensual social outcomes. Moreover, from the perspective of communities like New Lodge and Sailortown that have endured persistent, trans-generational deprivation and disadvantage it would represent a hugely welcome change in mind-set and practice from those that determine the direction of planning and investment policy for our city".



Food 4 Thought - With Communities In Transition

Maria, with help from the Urban Chef, has planned and is serving up a simple family meal for 4, just follow the online video guide and instructions (see below, above etc.) and enjoy.

This is how you can participant in the Take 5 steps to wellbeing as part of maintaining a healthy diet. Why not have a go and enjoy! #Take5NB #UrbanChef

Ingredients

- 1 medium onion – sliced
- 1 - 2 tablespoons - curry powder
- 1 - 2 red chillies – sliced
- 1 teaspoon - brown sugar (optional)
- 1 tablespoon tomato puree
- 1 tin chopped tomatoes
- 3 tablespoons olive oil
- 1 tin baked beans
- 50g cabbage – grated
- Salt & pepper to season
- 50g carrot - grated
- Meat/Poultry/Fish is optional
- Mixed peppers – sliced
- 1 tablespoon garlic – chopped
- 1 tablespoon ginger – chopped

How to Cook

Fry the onions and chillies in olive oil until soft on a medium heat.

Add the garlic, ginger, curry powder and sugar, then mix well and cook for 2 minutes.

Stir in the cabbage, carrots and peppers and turn down to a low heat.

Cook for 5 minutes then add the tinned tomatoes and cook for 5 - 10 minutes.

Add the tinned beans 5 minutes before serving just to heat through.

Taste and season with salt & pepper. Serve, eat and Enjoy!

Watch how to make this here: https://youtu.be/_03JtNeD_9o

For further information on the Take 5 Steps to Wellbeing Programme, email: healthandwellbeing@ashtoncentre.com or visit: <https://www.ashtoncentre.com/take-5-steps-to-wellbeing-north-belfast-pr#take5nb>



ashton Supporting North Belfast

Communities In Transition

HEALTH AND WELLBEING PROJECT

Ardoyne & New Lodge

LIGHTHOUSE "A beacon of hope"

Yella

YOUR CHANCE TO TAKE A PROACTIVE ROLE IN YOUR COMMUNITY

Bringing local people and services together to improve health and wellbeing for your community

Join our Champions

- Are you committed and passionate about improving the health and wellbeing of your community?
- Do you want to get the tools and resources to enable your community to come up with their own solutions?
- Do you want to be at the forefront of bringing about positive change?
- Are you interested in taking part in training opportunities?
- Do you want to get involved in planning and running community events as part of a group or network in association with (Healthy North Belfast).

Become a Befriender

- Befriending offers supportive, reliable relationships to people in your local community.
- Help those in need to access services
- Connects people to services in their area.
- Are you able to attend the training organised in your local area.
- Get involved in planning and running community events as part of a group or network.

For further information contact:
@healthandwellbeing@ashtoncentre.com

Healthy NORTH BELFAST

The Communities in Transition project is funded by the Executive Office and managed by Co-Operation Ireland. This Health and Wellbeing project aims to support ambitious initiatives aimed at building capacity of individuals and groups to affect positive change. The project is delivered by Ashton Community Trust across both New Lodge and Ardoyne and are seeking support from within the community to deliver the project.

The Executive Office

co-operationireland working for a future together

Ashton CORE Project Supporting Young People During Lockdown

The CORE team assist people aged 16-24 living in the North Belfast and Newtownabbey areas through a support service that provides clients with an opportunity to achieve their goals through free training and employability skills. We have continued to support young people throughout lockdown resulting in the delivery of free training courses such as driving lessons through our partnership with The Car College and forklift training courses and CSR cards with our partners at JMD Training.

Learning to drive and passing your test can be one of life's the most rewarding experiences for anyone. With the driving licence comes a new sense of freedom, confidence and even job and education opportunities that can benefit the learner and their families.

As part of CORE Project's new training package, driving lessons are offered to clients as part of our overall training service. Speaking to one of our recent clients she stated, "I was nervous to begin with but I'm eight lessons in now. I've started my manoeuvres and have gotten really good at reverse parking... I can reverse park between two cars, no problem!"

"I think my confidence overall was low when I joined CORE. I really didn't have a clue about driving either but I joined the Driver Theory class and worked hard towards passing my Theory test. I attended classes every time with the tutor and in a couple of short weeks, I was ready to take the test. I passed the theory test first time and started the lessons. It's strange how quickly I went from not knowing anything about driving, to be talking now about booking my test. I'm nervous and excited at the same time. Getting that licence will completely change my life. I'd recommend the CORE Project to anyone looking to pass their driving test or even gain more confidence"

Our client passed her driving test in September and hasn't looked back. With the freedom learning to drive has provided her with, she now looks forward to starting a career in the social care sector

"This is about more than just learning to drive and pass a test. This means so much to me. I didn't have anything to concentrate on and throw my heart into before. I was always looking at jobs in places like the care sector that I'd need to have a licence for. As soon



as I pass the test, it'll open a world of opportunities for me. I can't wait to get started. I'd recommend the CORE Project to anyone looking to pass their driving test or even gain more confidence. I've met so many good people there from my mentor Diane who kept encouraging me when I needed it and my tutor for helping me through the theory test."

For more information on CORE Project and to register with us, contact us on 02895 609522/07801208217 or find us on Facebook at <https://www.facebook.com/coreproject1/>

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CORE Project

Training Prospectus
2020/21

SECURITY

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

Department for the
Economy
www.economy-ni.gov.uk

European
Union
European
Social Fund
Northern Ireland

www.ashtoncentre.com [facebook.com/coreproject1/](https://www.facebook.com/coreproject1/)

A copy of the Training Prospectus can be downloaded by clicking on the link below:

<https://www.ashtoncentre.com/wp-content/uploads/2020/06/A4-Training-Prospectus-2020-Online-8-06-2020.pdf>

<https://www.facebook.com/coreproject1/>

<https://www.instagram.com/coreproject1/>

Shared Reading with Duncairn

Shared Reading has returned to its weekly home in Belfast Central Library!

We also invite you to join a Winter Solstice and Christmas Shared Reading Celebration Monday 21st December, 2 pm, via Zoom. We're reading - as always - A Christmas Memory by Truman Capote.

Please email me if you'd like a link to this session. I can also forward a pdf of the Capote story. (All you need is a laptop or smartphone to connect via Zoom. There's no special software and you don't need to turn on your camera.)

Shared Reading with Belfast Central Library, via Zoom, every Friday at 2.30 pm

There's one last session before Christmas, this Friday 18th. Contact Karen for more information - karen.woods@librariesni.org.uk

Very excitingly, a number of people are taking up 'Read to Lead' training places in January/February with a view to establishing new Shared Reading groups. Contact me if you might be interested too.

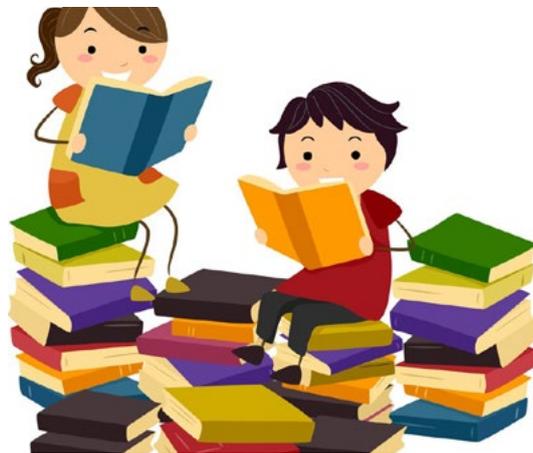
News and readings from The Reader - www.thereader.org.uk/news

Here's a poem we've shared often. It reached me in a different way this year -

www.poetryfoundation.org - Christmas Light by May Sarton

Marnie Kennedy, Reader in Residence uncairn Centre for Culture & Arts www.theduncairn.com

www.facebook.com/stories.at.the.duncairn Tel: 07971 568 573



North Belfast Bicycle Parade
Thursday 17th & Friday 18th December 2020
Departs Girdwood Hub @ 6.00pm each night
Moonlight cycle from Girdwood Hub – New Lodge Road – North Queen Street – Alexandra Park Avenue – Bellecoe Avenue – Skegorrill Avenue – Salisbury Avenue – Cavehill Road – Antrim Road – Girdwood
All bicycles will be beautifully decorated by our artists with lights and accompanied by music.
If you would like to participate in the Parade, please contact New Lodge Arts on 07736389968.
Spaces will be limited. Bring your own Bike!
*Please note – event subject to approval from Parades Commission.



ashton
Kinderkids Daycare
High quality early years and afterschool service
Located in North Belfast
5 Minutes from Belfast City Centre and the Ulster University



WE ARE OPEN

Flexible childcare options with competitive rates	Dedicated early years curriculum for 4 years and under	Afterschool service implementing Playwork principles
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For more information please contact:
028 9521 9830 or 028 9033 3966

fionnuala.black@ashtoncentre.com
charlene.foster@ashtoncentre.com
christine.mckee@ashtoncentre.com

New Lodge Arts Activities Update

New Lodge Arts have been busy bees over the last few months and are getting things finalised for a fantastic week of Christmas activities. Here is an insight of what's been happening:

North Belfast Bake Off

Due to the phenomenal demand for the Bake Off during the Summer, we came back for a Halloween special. We gave out 200 baking packs for amazing Spooky Triple Chocolate Brownies and one of the old time favourites – Apple Tart. The feedback as usual was fantastic and we were very proud of all our little bakers.

Halloween activities

We were hugely disappointed to have to cancel this year's Lantern Parade – and given the circumstances, we still wanted to bring some much needed festivities to mark the occasion. We distributed over 350 lantern making packs created by our team of artists to local groups and young people. We were delighted to work in partnership with the Ashton Communities in Transition programme to deliver the New Lodge Pumpkin Patch. Over 3 days, 150 local families attended the event, picking up art packs, treats and of course their own pumpkin to carve at home!

174 Youth Group

We were delighted to be invited back to the 174 Youth Group for children with disabilities by their fabulous leader Linda Duffy. Linda kept the group going during Lockdown as for many of the participants and



we were back delivering weekly arts and crafts session. Here's what Linda had to say:

I just wanted to thank you for giving us the art sessions. Projects were fantastic and included printed t shirts and clay dishes.

Anne. Our children were really struggling with Covid and the restrictions on them. Our children didn't understand what was happened to their lives. They had no school and no respite provision. The arts project gave the children a safe space to talk to us about Covid. It gave the children a chance to tell us they didn't like Covid and wanted it to go away.

The art sessions couldn't have come at a better time for these children

Arts Academy

Our weekly classes were back from October and we had 10 classes running weekly. It was great to be back to face to face delivery but these had to be cancelled due to the current circuit breaker. There was big demand for the classes and we are all hoping things will get back to normal in the new year.



Christmas Events

Gingerbread Village Christmas Experience
Come and visit our Gingerbread Village Christmas Experience in the Ashton Centre from 15-17th December. The children will be entertained by the story of the Gingerbread Man who is trying to escape his village and get to the North Pole.



ashton

Arts



www.ashtoncentre.com

f t i p s

www.ashtoncentre.com

f t i p s

- ✓ The Arts Academy
- ✓ Youth Development
- ✓ Events & Festivals
- ✓ Partnership Programmes

- ✓ International Projects
- ✓ Taster Projects
- ✓ Adult Projects

Get in touch:
(028) 90742255

anne.delaney@ashtoncentre.com

www.newlodgearts.com

f t i p s

There will be a copy of our Gingerbread Man's Christmas book, treats and crafts for all the kids attending.

Please book 1 slot per family and let us know how many children you are bringing.

This programme is part of the North Belfast Strategic Good Relations Programme and New Lodge & Ardoyne CIT programme.

North Belfast Bicycle Parade

This event is subject to confirmation from the Parades Commission.

The North Belfast Bicycle Parade is due to take place on the 17th & 18th December departing at 6pm and will follow a route from Girdwood Hub around North Belfast. This 4 mile cycle will see a beautiful colourful display of light up bikes meander through the streets of north Belfast. The route will be as follows:

- Depart Girdwood Community Hub down Kinnaird Street
- Turn left onto Antrim Road
- Take right onto New Lodge Road
- Take left onto North Queen Street
- Turn left onto Alexandra Park Avenue
- Turn right onto Jelliecoe Avenue
- Turn left onto Skegoneill Avenue
- Turn left onto Antrim Road
- Turn right onto Salisbury Avenue
- Turn left onto Hughenden Avenue
- Turn left onto Cavehill Road
- Turn right onto Antrim Road
- Right onto Cliftonville Road
- Left onto Cliftonpark Avenue
- Back to Girdwood Hub

We invite people to come out of their houses to watch the bicycle parade pass.

If you would like to participate in the Bicycle Parade – please get in touch with Anne Delaney on 07736389968 or email anne.delaney@ashtoncentre.com

Pop Up Panto

Now that most the Pantos have been cancelled this year, we decided we would bring the panto to the local streets. Three local actors will perform this short pop up performances in various locations across North Belfast from 16th-18th December. It will be really fun and no doubt spread the joy we are all missing at the minute. It will have all the elements of a traditional panto, singing

f <https://www.facebook.com/NewLodgeArtsBelfast/>

t <https://twitter.com/NewLodgeArts>

o <https://www.instagram.com/newlodgearts/>

globe <https://www.newlodgearts.com/>

dancing and audience interaction!

Run for a Claus

NLA Running for a Claus 1k/5k fun run – complete a minimum 1k up to a 5k

Date: Anytime from TUE 1st Dec to TUE 15th Dec.

Don't worry Santa will not put you on the naughty list if you have to walk, row, crawl or swim it's all about the FUN!

Where: Virtually, safely and following the government Covid 19 guidelines – in your local community or even indoors.

Time: Anytime off the day or night

Tickets: £5

All proceeds will be donated to the local food banks and in return you will be supplied with a custom made medal designed and created by the NLA & Fab Lab team.

Attire: Christmas bells, silly hats, worst jumpers, costumes It couldn't be easier, just follow these simple steps:

- Register details here: <https://www.ticketsource.co.uk/new-lodge-arts/nla-running-for-a-claus-fun-run-2020/2020-12-01/00:00/t-rodzyj>
- Complete your run, upload your Festive Fun Run photos to our Facebook Event page or PM us.
- Medals will be sent out between Wed 16th Dec until Monday 21st Dec 2020



Belfast Works Employability Programme

The Belfast Works Employability Programme offers a tailored service which meets your needs whatever your situation. If you are unemployed or working less than 16 hours per week we can give you the help and support you need to get back into sustainable employment. Once you are signed up to the programme you will be assigned a dedicated mentor who will help you to take the next steps in developing your career or getting a job. We can help to fine tune your CV and give you the skills required to fill in application forms and prepare you for interviews. We work with many employers in your local area who are looking for people just like you. Because we have strong relationships with these employers we have exclusive access to jobs that you won't see advertised anywhere else which gives you a better chance of being successful at interview as we know exactly the skills they are looking for.

As a result of Covid-19 our top priority is ensuring that our clients are kept as safe as possible by conducting all of our meetings remotely over the telephone (or through online platforms such as Zoom). We are even running free accredited training courses over the internet to ensure that you are fully prepared once you get that new job. Our offices might be closed at the moment but we are still open for business so give us a call or send us a message on the Belfast Works Facebook page and take the first step to changing your life.

Parallel Support Service

The Belfast Works Parallel Support Service is a bespoke programme for anyone who wants to get back to work but perhaps doesn't feel quite ready at the moment for one reason or another. We have a dedicated team who will work with you to try to break down any barriers you feel are preventing you from entering the world of work. Some of these barriers could be any anxiety, depression, low self-esteem or anything which is making it more difficult for you to realise your potential. Whatever it is we have a programme that is just right for you based on your preferences. We are totally client centred meaning that we will involve you in the whole process and always go at a pace that is just right for you to ensure that you get the most out of this experience. Our Parallel Support Mentors have a wealth of experience in helping people just like you realise your dreams. There has never been a better time to make a positive change. Covid-19 means that our offices are closed but the level of service stays the same. For your safety all meetings are being done remotely so that means either over the telephone or using video conferencing software (Zoom) which is proving to be very popular with both our new and existing clients. Once you sign up we can even arrange fully accredited training courses that you can complete from the comfort of your own home to enable you to reach your maximum potential and change your life for the better. For more information please give us a call or register your interest on the Belfast Works Facebook page and we will be in touch to let you know what the next steps are. What have you got to lose? For information on both programmes contact Stuart on 07706 094425 or email stuart.green@ashtoncentre.com

Other criteria applies for people on Universal Credit – contact us to see if you are eligible).

f <https://www.facebook.com/Belfastworks/> i <https://www.instagram.com/belfastworksjobs/>

t <https://twitter.com/belfastworks> www <https://www.belfastworks.co.uk/>

Belfast Works
TRAINING | EMPLOYMENT | SUPPORT

GET HELP TO FIND A
JOB
THIS *Christmas*

WE CAN HELP YOU TO FIND A JOB
OR GAIN A FREE QUALIFICATION

Contact us for more information

www.belfastworks.co.uk

f @ i t

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



Learning & Getting Confidence With Belfast Works

Helen had been a successful journalist for 30 years, working for prominent local newspapers. She had been working as a freelance for a number of years before Covid hit and she lost quite a lot of work. She heard about and signed up with Belfast Works to get help with finding more stable work. She signed up for a number of courses with the guidance of her mentor. Helen joined my personal development and employability courses in October. Her confidence had been badly affected by the circumstances she found herself in and the thoughts of re-training for a new job seemed daunting to her. However, through sheer determination she went out of her comfort zone embracing all the courses she signed up for and not only did I see a transformation with Helen in her confidence and self-belief she brought so much of this into our sessions and proved to be a wonderful support and inspiration to the clients. Helen has recently started a new job and couldn't be happier.

'I have benefitted so much from the Belfast Works courses - far more than I ever imagined. My confidence is soaring and, just a few months ago, I felt it was on the floor.'



Belfast Works
TRAINING | EMPLOYMENT | SUPPORT

www.belfastworks.co.uk

"ARE YOU FINDING IT HARD TO GET A JOB?"

OUR TEAM CAN HELP YOU!

It's simple to get access to our services:
Visit us online:
www.belfastworks.co.uk

Due to Covid-19 our staff are working remotely. All services can still be accessed by phone or online.

Our key services:

- 1-2-1 Job Search Mentoring
- Access to a dedicated employment service
- Training & Free Qualifications
- Health and Wellbeing Support

Logos: European Union, Department for the Economy, Belfast City Council, Northern Ireland Executive, T:buc, URRAN VILLAGE

There's something about learning in a group that is so much more than gaining knowledge, it builds you up as a person too. That's one of the most important things I have to take away from the courses. I feel so much more optimistic now, and that's been the best part of this process.

So, I thank you for everything, your knowledge, expertise and energy, all of which I will be taking into a new job arena.'

Helen Carson October 2020



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Training & Employment

www.ashtoncentre.com

Would you like help or support to find a job?

- ✓ Help with creating a CV or interview skills
- ✓ One to One mentoring, Job Search
- ✓ Essential Skills & Training

Get in touch: (028) 90742255

training@ashtoncentre.com

facebook.com/AshtonEmploymentServices/

Communities in Transition Training Programme for Champions/Befrienders, organisations and residents of North Belfast.



Communities In Transition Ardoyne & New Lodge

If you are passionate about supporting your local community and want to increase your knowledge or indeed gain new knowledge regarding Health and Wellbeing why not register for one of our training courses. Once we receive the minimum number of participants for each training course, training will be arranged and you will be contacted. Courses start beginning of January 2021, finishing 31st March 2021.

To register please contact paul.barton@ashtoncentre.com

Training: Gambling Awareness, BIG DEAL? GET THE FACTS ABOUT GAMBLING. Facilitator – Ciaran McGinley. Two 3-hour sessions over 2 days via Zoom.

Universal Credit, Debt Management and Money Matters, Facilitator – Sinead McKinley. One 2-hour session via Zoom. Take 5 steps to wellbeing, Facilitator – Jim Morgan. One 4-hour session, face to face, Venue TBC.

Mental Health First Aid, PHA accredited Training, Adult only. Facilitator – Caroline McCreight. Three 4-hour sessions over 3 days via Zoom.

Children and Adult Safeguarding Training. Adult only. Facilitator - Volunteer Now. Two online training courses, approximately 40 minutes each.

Talk, Learn Do - Parents Kids and Money, Facilitator - REED. All day, face to face, Venue TBC.



OCN NI Level 2 In Mentoring Skills and Practice, accredited Training, Under 18s. Register for further information.

OCN NI Level 2 in Health Living (Mental Health Awareness Unit), accredited Training, Under 18s. Register for further information.

ASCERT Training, numerous training courses, "reducing alcohol and drug related harm in our communities"

For further information on the Take 5 Steps to Wellbeing Programme, email: healthandwellbeing@ashtoncentre.com or visit: <https://www.ashtoncentre.com/take-5-steps-to-wellbeing-north-belfast-programme/>

Tar Isteach Advice Service and Counselling Services

Tar Isteach Advice Service and Counselling services have been operational throughout the Covid crisis. We will continue to be operational throughout the two-week restrictions beginning November 27th and throughout any further restrictions or easing of the restrictions.

Staff are working from home where possible. There will be no face to face service for the public but forms can be left in the secure box outside our office for completion.

We have staff in the office at all times to cover the phones and deal with emergencies. Please ring 02890746665, leave your full name and number and message. Please be patient, you call will be answered.

We are in daily contact with all relevant Agencies and Departments who are giving excellent service and prompt responses.

Contact: 02890746665, info@taristeach.org



174 Older Peoples Club



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

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)



New Lodge Housing Forum

Who we are:

A committee of volunteers and one community housing worker based in the New Lodge to support the improvement of the quality lives of the tenants living in the Greater New Lodge.

Assist Tenants On
Issues Relating To:

- Repairs
- ECM Schemes
- Environmental Issues
- Sign Posting
- Service Suppliers
- Housing Campaigns/
Redevelopment
- Computers for Residents Use

How you can get in touch: Drop in to our housing office
between the hours of:
9am - 2pm Mon to Thurs
9am - 1pm Friday

New Lodge Housing Forum

23 New Lodge Road, BT15 2BU

Phone: (028) 90 742 399

Email: thenewlodgehousingforum@gmail.com

@ashtoncommtrust

Follow Ashton On Twitter



JOIN OUR GROUP ON Facebook

ashton

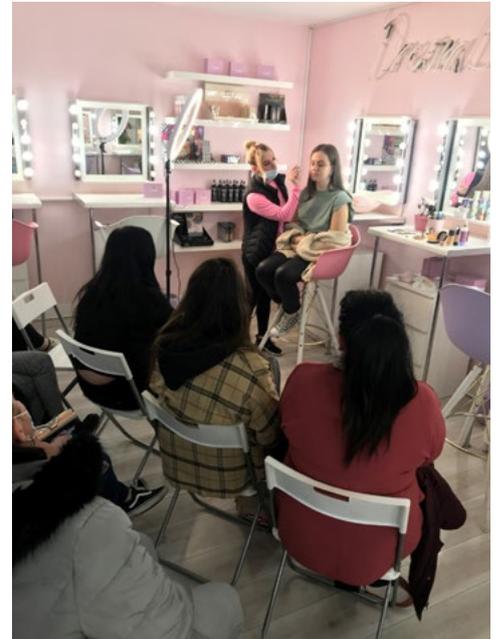
<https://www.facebook.com/groups/Ashton/>

Community Family Support Programme

The Community Family Support Programme programme is a part of a consortium available across Belfast and is designed to empower people to make positive decisions and aims to improve the quality of their lives. During the programme families receive help from professionally qualified family support workers to address the health, social, economic, educational, employment and training issues that impact on their daily lives. The programme is delivered by community family support organisations in the heart of the community

Given these difficult times we realise that people are experiencing some difficulties across a range of areas. We have continued to support families living in North Belfast in a creative and safe way, offering practical supports, stress awareness, behaviour support and a range of employability skills to help enhance learning and ensure people are ready and prepared for entering the employment market. We have supplied our families with Halloween packs and they also availed of the wonderful Pumpkin Patch event.

Some of our clients also attended a make-up masterclass and the feedback from this was very positive. Learners had the opportunity to learn about hygiene, skin preparation, select and match foundation, contouring, highlighting and an eye look. Thanks to studio A for delivering this as it was an excellent opportunity for learners to learn new skills for potential employment during these difficult times. To be eligible for the programme you must live in North Belfast, not in education, training or employment. If you are interested please contact kris.morrison@ashtoncentre.com, eileen.oprey@ashtoncentre.com or caroline.mcilwee@astoncentre.com



Communities In Transition
Ardoyne & New Lodge

Community Safety Awareness and Outreach PROGRAMME

Make **YOUR** area a better place to live, work and play!

- Build effective local networks focused on community safety
- Implement community safety initiatives co-designed by local residents and community stakeholders
- Learn how to conduct an Appreciative Inquiry
- Develop a register of community safety assets
- Implement effective community safety initiatives
- Take part in best practice visits
- Deliver relevant social action and civic engagement programmes
- Promote inter-generational working
- Address the challenges faced by 'young people at risk'

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Supporting North Belfast

Communities in Transition is funded by The Executive Office and managed by Co-operation Ireland

The Executive Office **co-operationireland**
working for a better future together

For further information contact:
paul.henry@ashtoncentre.com
www.ashtoncentre.com

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Community Family Support Programme

The Community Family Support Programme is a training and employability project, using a holistic family support model.

We Can Help!

Given the difficult times we are in there may be extra pressures for families, the Community Family Support Programme can support you in areas such as stress management/reduction, practical support behaviour management and budgeting. We can also support you to access online training and other employability supports.

To qualify you must live in North Belfast and not be in education training or employment (or had your education postponed due to Covid 19).

Contact: kris.morrison@ashtoncentre.com

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

Department for the Economy
www.economy-ni.gov.uk

European Union
European Social Fund
Northern Ireland

www.ashtoncentre.com

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Essential Skills

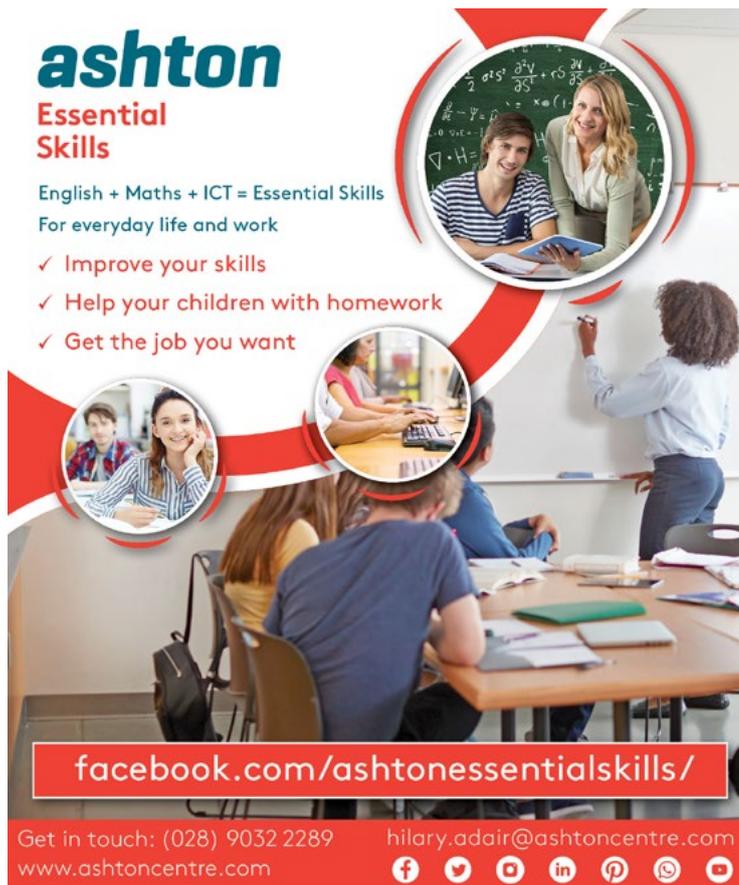
English + Maths + ICT = Essential Skills
For everyday life and work

- ✓ Improve your skills
- ✓ Help your children with homework
- ✓ Get the job you want

facebook.com/ashtonessentialskills/

Get in touch: (028) 9032 2289
www.ashtoncentre.com

hiliary.adair@ashtoncentre.com



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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



New Cook Book Launched with New Lodge Arts & New Lodge Youth Centre

To help raise funds for the North Belfast foodbanks the New Lodge Arts and New Lodge Youth Centre staff teams pulled together a little book of recipes from their successful summer bake off and are available this week for a small donation. Please contact New Lodge Arts at: <https://www.facebook.com/NewLodgeArtsBelfast/>

Copies will also be available shortly to download from www.ashtoncentre.com



Bridge of Hope Continuing To Provide Support

ashton
Bridge of Hope

Well 2020 has certainly been an unexpected year for us all. On 23rd March 2020 when we went into lockdown the Bridge of Hope team started working from home and expected this to be for 3 weeks or so. It is hard to believe we have now been working from home for 9 months supporting our service users throughout this global pandemic. And as 2021 approaches and we all look forward to a very different year ahead Bridge of Hope will continue to deliver and develop new and innovative ways of supporting those in need to improve their Health & Wellbeing.



Counselling Service

During 2020 our counselling service has been supporting people through telephone counselling and have recently moved to delivery of face to face counselling through the use of ZOOM. This offers our service users another way to engage in what has proved to be critical support during these challenging times. Over 650 individuals have benefitted from this service since April 2020 so if you think talking to someone could be of help to you why not call a member of our team for a chat. Liz can be contacted on 07425700630 or Martina is also able to take your call on 07551780599.

Health & Wellbeing Caseworkers

Our Health & Wellbeing Caseworkers continue to support victims and survivors through our PEACE IV funded services with over 252 individuals seeking support since April 2020. They work directly with victims and survivors to help improve the quality of life and health and wellbeing of people who may need support and sometimes don't know who to ask. Often, they act as a liaison between the individual and statutory,

community and voluntary agencies to make sure people get the help they need as quickly as possible. If you would be interested in finding out more give them a call on Brendan on 07553 100509 or Jim on 07846 143385.

Training Through Zoom

As with other services our training has continued since March using the magic of ZOOM and has proved really popular. Our Training Coordinator, Mary, has been working hard to make sure those who could benefit from our live on-line training has a space to learn and develop new skills and 150 people have done so since lockdown in March. Mary has been planning an exciting range of new programmes for the start of 2021 including a Mindfulness course, programmes around Managing Stress and Anxiety and our ever popular Take 5. Places on these programmes fill up very quickly so if you are interested give Mary a call on 07766138156.

Bridge of Hope are committed to continuing to provide the support and help our community needs as we move into 2021 so please give us a call to see what we can do to help you move into the new year with a commitment to improve your health and wellbeing.

We hope whatever you are doing for Christmas and New Year brings you peace and wellbeing for 2021.

For further information you can contact us at: <https://www.facebook.com/bridgeofhope.org/>





ashton
Bridge of Hope

Building a healthy resilient you

irene.sherry@ashtoncentre.com
mary.stanton@ashtoncentre.com

www.ashtoncentre.com

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✓ Counselling
 ✓ Complementary Therapies
 ✓ Personal Development

Get in touch:
[facebook.com/bridgeofhope.org/](https://www.facebook.com/bridgeofhope.org/)

www.thebridgeofhope.org

CALL/ICT Project

The CALL/ICT project is Ashton's Essential Skills programme, part of the Training and Employment department. We provide accredited courses in English and maths using computers for residents of the Greater New Lodge area. Classes are small and we also offer one-to-one sessions if required. There is no charge for our courses and we are here to help you gain the Essential Skills for your everyday life and work.

Information about our Essential Skills courses can be found:

f <https://www.facebook.com/ashtonesentialskills/>

ashton Essential Skills

Are you homeschooling and helping your kids with schoolwork during lockdown?

There are great new programmes on the BBC iPlayer. Bitesize Daily for ages 5-14 is on every day and includes English, maths, history and science.

You can access the programmes on your television by using the red button, and on your computer, tablet or smartphone by going to www.bbc.co.uk/iplayer and then searching for Bitesize



If you are interested in doing an Essential Skills course in English or maths when we get out of lockdown, contact Hilary for more information:

Email: hilary.adair@ashtoncentre.com
Facebook: www.facebook.com/ashtonesentialskills

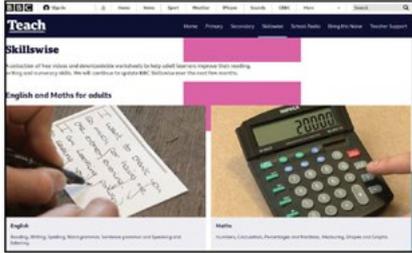


Department for
Communities
www.communities-ni.gov.uk

ashton Essential Skills

Thinking of doing one of our Essential Skills English and Maths courses?

Check out this website for a taster of what you could do on the course:
www.bbc.co.uk/teach/skillswise



There is lots of useful information to help you improve your skills, help your children with homework or get the job you want.

Contact Hilary for more information about our courses:
+ phone: 028 90322289
+ email: hilary.adair@ashtoncentre.com
+ call in person at the McSweeney Centre



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

Write Club

What a year it's been. Why not write about it? Write Club is a place for writers aged 13-18 to spend time on their craft with the support of our mentors and other young writers. If you know a young person who loves to write, let them know we're here & accepting new members.

To find out more, email Hannah at writeclub@fightingwords.co.uk, or visit our website <http://fightingwords.co.uk/write-club>

Facebook link -

<https://www.facebook.com/FightingWordsNI/photos/a.152761603076891/242323387454045>
<https://www.fightingwords.co.uk/write-club>



Find Ashton On Social Media

Facebook: @ashtoncommunitytrust

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LinkedIn: @ashtoncommunitytrust

Pinterest: @ashtonbelfast

ISSUU: @ashtonbelfast

YouTube: @AshtonBelfast

Google: <https://g.page/ashton-centre>

Youth on the Breakthrough Programme Support Local Community Food Bank



With Christmas just round the corner, in what has been a very difficult year for most, the guys at the Breakthrough Programme will volunteer their energy and time in supporting their local community food bank.

Breakthrough participants will be supporting the food bank by providing food hampers, donations to the shoe box appeal to support young families with babies, volunteering at the community Christmas grotto and helping to deliver Christmas Dinner on Christmas Eve.

Our groups have already started collecting food for hampers via donations from friends and family and by also encouraging others to drop off much needed items at the food bank.

The Community Food Bank, a voluntary group based in North Belfast, helping to combat food poverty, is currently located in the Ardoyne GAA Club.

We would like to thank Nichola Bradley and all the guys at the Food Bank for all their support throughout the year.

You can follow the Breakthrough Programme on our Facebook page at <https://www.facebook.com/breakthroughbelfast/>

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Breakthrough

Age Range
14 - 24 Years

Want To Be Part Of Something Amazing???
breakthrough

- Travel covered
- Lunch provided
- Residential
- £8 per day incentive payment (subject to eligibility)
- Childcare costs covered (Limited spaces)
- Team Building Activities
- One-To-One Mentoring
- Training in Arts, Digital Media, Sports, Digital Design and Fabrication
- Fun and engaging group workshops

☎ (028) 90 742 255 ✉ breakthrough@ashtoncentre.com

f t i

breakthrough

MACH

F

STREET BEAT YOUTH PROJECT

Yello

L-GAP

AYE

An Rann Leanaí agus Grottha Oige
Department of Children and Youth Affairs

Peace4Youth

Northern Ireland Executive
www.northernireland.gov.uk

Peace
Northern Ireland - Ireland
European Regional Development Fund

breakthrough Programme

- Are you aged 14-24 and interested in a new training opportunity?
- Do you live in North Belfast / Greater North Belfast (including, New Lodge, Cliftonville, Ardoyne, Marrowbone, Lower Oldpark, Shankill, Lower North & Newtownabbey)?
- Would you like to receive up to £40 per week (depending on eligibility)?
- If yes, the Breakthrough Project is recruiting!

Breakthrough is a 26 week youth work programme (delivered over 6 months), focusing on Personal Development, Citizenship, Good Relations, one-to-one mentorship & Life-skills support.

- We are currently recruiting for new groups which will be offered online (until current restrictions in place due to Coronavirus are lifted).

What's Involved? Young people will;

Sign up as part of a group of up to 15 to work with and receive support from trained youth workers.

- Participate in group work, team-building, creative arts based programmes and gain OCN qualifications
- Identify local projects in their communities to support as part of an Active Citizenship programme
- Develop a range of skills including confidence, communication, leadership, goal setting, creative arts skills, etc

If you are interested, reach out to one of the team to find out more by contacting breakthrough@ashtoncentre.com or click on our social media links below.

breakthrough@ashtoncentre.com

<https://www.facebook.com/breakthroughbelfast/>

<https://twitter.com/BreakthroughIV>

<https://www.instagram.com/breakthroughprogramme/>

Breakthrough is an EU Peace IV Funded Project supported by SEUPB

New Lodge | Woodvale | Shankill | Rathcoole | Ardoyne | Newtownabbey | Cliftonville | Lower North Belfast



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Supporting
North Belfast
Lead Partner

Peace
Northern Ireland - Ireland
European Regional Development Fund

**Northern Ireland
Executive**
www.northernireland.gov.uk

 An Roinn Leanaí
agus Gnóthaí Óige
Department of
Children and Youth Affairs

Peace4Youth
This project is supported by the European
Union's PEACE IV Programme, managed by
the Special EU Programmes Body (SEUPB).

164 Duncairn Gardens, Belfast, BT15 2FF
(028) 90 742 255
www.ashtoncentre.com
facebook.com/breakthroughbelfast
twitter.com/BreakthroughIV
instagram.com/breakthroughbelfast/

New Lodge Youth Centre Update

This quarter has been a busy period at New Lodge Youth Centre. Following a very different but successful summer of programme delivery due to the ongoing Covid-19 pandemic we got back to some sense of normality in our delivery of youth services.

CORE Programme

Through our CORE Programme between September – December 2020 we delivered 9 programmes to young people a range a range of themes such as positive relationships, choices and consequences, social action projects and mental health. In this period we had 30 young people participating in OCNNI accredited programmes. Through our core programme we also continued to deliver Outreach and Detached work within the New Lodge community across at least 3 nights per week in which we engaged young people on the street to promote our services and what opportunities we can provide for them.

START Programme

Within this period we also continued to deliver on our START programme. Through this programme our START worker continued to work with and support 4 groups of young people through structured programme delivery. The START Worker also continued to provide mentoring support to young people both In the Youth Centre and also at Trinity College. The START team has also continued to provide and Outreach service to support young people on the streets through positive engagements.

Health & Wellbeing

We also had young people participate In the CIT Health and Wellbeing programme as community befrienders through which the young people have designed and will deliver a number of community events alongside undergoing extensive training around to be positive peers In their community. We will also have a group of young



people trained up in delivering an Appreciative Enquiry which will involve young people aged 16-18 developing the questions for a survey of 100 people within the New Lodge community around the theme of Community

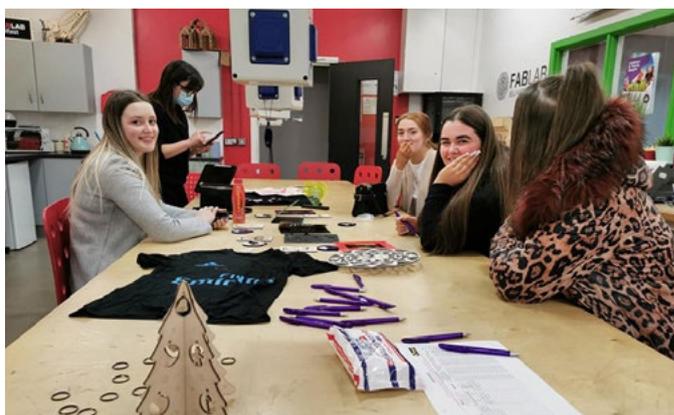
Safety. From the findings of this research we will then develop an action plan to tackle Community Safety issues in the area.

New Staff

It is an exciting time at New Lodge Youth Centre as we welcomed 4 new staff to our team to help us deliver the 'Refresh' Programme which aims to support young people through creative outreach and detached activity, mentoring, group work and fun-filled drop-in activity. After Christmas we will also welcome a further 4 new staff to our team through the LYNC programme, an EA funded trainee scheme to support young people development funding the Covid-19 pandemic.



We look forward to increasing our generic activity for young people In the New Year. If you would like to find out more about the programmes that we offer or how we can support your or your child, get in contact. <https://www.facebook.com/newlodgeyc/>



Kinderkids Daycare Operating Full Service

ashton
Kinderkids
Daycare

High quality early years and
afterschool service

Located in
North Belfast
5 Minutes from
Belfast City
Centre and the
Ulster University

For further information contact:
christine.mckeown@ashtoncentre.com
fionnuala.black@ashtoncentre.com

Flexible childcare options
with competitive rates

Dedicated early years curriculum
for 4 years and under

Afterschool service implementing
Playwork principles

028 9074 2255

www.ashtoncentre.com

Kinderkids Day Care continues to operate a full service during the COVID-19 Pandemic, based at our two Day Cares, situated in Henry Place. While the COVID-19 Pandemic has proven to be challenging at times for the operational running of the Day Cares, Kinderkids strives to still provide the high quality childcare service that many families are reliant on. Although, we now have additional hygiene practices in place to ensure Kinderkids is COVID safe for all our children and staff. Kinderkids has still maintained the child-focused play provision essential for holistic development and learning journeys for all the children who attend. For more information please contact; fionnuala.black@ashtoncentre.com

Ashton Early Intervention Family Support Project

In September 2019 Ashton was fortunate to receive funding from Belfast Charitable Society to provide a 1-1 Family support service that would take referrals directly from both Family Support Hubs in North Belfast. This service was the most demanded service through Hub referrals and it is a fabulous asset to the suite of services we can offer to families. The funding also allows the team to provide supermarket vouchers to families who accepted services through the Hub but also were experiencing financial difficulties.

The two team members are still continued to providing support to families during this time and adapting their service by using Zoom, telephone calls and emails. The team are able to support your family to deal with challenging behaviour of children and young people, emotional health and well-being of your family or any issue within the family setting that is causing you concern.

Should you wish to avail of this service please contact Caroline or Alana by email: caroline.mcilwee@ashtoncentre.com or alana.mckeown@ashtoncentre.com

Lower North Belfast Family Support Hub

Ashton has now been leading on the Lower North Belfast Family Support Hub for over 5 years. 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. This includes community, statutory and voluntary family support services and at the moment we can call on over 60 different services to support families.

There are many reasons why families are referred to the Family Support Hub - these could include dealing with the challenging behaviour of children, debt, stress/depression, alcohol/drug misuse, social isolation or mentoring or counselling support.

Since the Hub's inception 1130 referrals have been processed with almost 1250 individual services being chosen by families themselves to support their needs.

During the current health crisis the Family Support Hub has remained fully operational and continues to match services to families. Most of our services are currently operating in a slightly different way due to social distancing restrictions but we are pleased that during this particularly stressful times for families that they can receive support when they most need it.

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

DRUG AND ALCOHOL SUPPORT SERVICES

BELFAST HEALTH AND SOCIAL CARE TRUST AREA

Date of publication: JUNE 2019

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

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

Services for Adults

Community Drugs Programme

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

Open Access

Falls Community Council

Tel: 028 9020 2030

Reach Out

One to one support for alcohol and/or drug misuse (and other associated issues).

Open Access/Self Referrals Accepted

Extern

Tel: 074 4253 3165

Low Threshold Services

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

Open Access/Self Referrals Accepted

BHSC Drug Outreach Team

Tel: 028 9504 1433

Extern Alcohol Housing Support Service

Tel: 028 9033 0433

Community Based Adult Services

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

Open Access/Self Referrals Accepted

Addiction NI

Tel: 028 9066 4434

Dunlewy Addiction Services

Tel: 028 9039 2547

Statutory Addiction Service

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

GP/Health Professional Referrals

BHSC

Tel: 028 9073 7547

Residential treatment is accessible through the statutory addiction service.

Residential Addiction Treatment Centre

6 week residential programme.

Addiction Service Referrals

Carlisle House

Tel: 028 9032 8308

For more detailed information on services available in your HSC area visit:

www.drugsandalcoholni.info



Addressing drugs and alcohol together

Young People/Family

Belfast Youth Engagement Service (YES)

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

Open Access

Extern Tel: 028 9084 0555

Community Drugs Programme

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

Open Access

Falls Community Council Tel: 028 9020 2030

Reach Out

One to one support for alcohol and/or drug misuse (and other associated issues).

Open Access/Self Referrals Accepted

Extern Tel: 074 4253 3165

Strengthening Families Programme

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

Targeted at At-Risk/Vulnerable Families

ASCERT Tel: 0800 254 5123

Targeted Lifeskills Service

Groupwork programmes for young people, aged 11-25, focussed on lifeskills and harm reduction.

Targeted at At-Risk/Vulnerable Groups

LYMCA Tel: 028 9267 0918

Steps 2 Cope

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

ASCERT & Barnardos

www.stepstocope.co.uk

DAISY

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

Open Access/Self Referrals Accepted

Start 360 & ASCERT Tel: 028 9043 5815

Pharos

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

Social Services/Addiction Services Referrals

Barnardos Tel: 028 9066 3470

DAMHS (Drug and Alcohol Mental Health Service)

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

GP/CAMHS Referrals

BHSC Tel: 028 9063 8000

Specific Groups

Needle and Syringe Exchange Sites

Boots

35 Donegall Place
Tel: 028 9024 2332

McGregors

30 Botanic Avenue
Tel: 028 9031 0045

Chemist Connect

59 High Street
Tel: 028 9023 1002

Maguire Pharmacy

505-507 Falls Road
Tel: 028 9032 7140

Street Injecting Support Service (SISS)

Extern, 118-122 Royal Avenue, Belfast
Tel: 028 9033 0433

Removal of Drug Related Litter (Needle Finds)

Belfast City Council
Tel: 028 9027 0469

Group Support

Call or go online to find a meeting near you:

Alcoholics Anonymous

12 Step Programme/Group Meetings

Tel: 028 9043 4848

www.alcoholicsanonymous.ie

AlAnon

Group Support for Family Members

Tel: 028 9068 2368

www.al-anonuk.org.uk

Alateen

Group Support for Teenagers

Tel: 028 9068 2368

www.al-anonuk.org.uk/alateen

Narcotics Anonymous

12 Step Programme/Group Meetings

Tel: 078 1017 2991

www.na-ireland.org

Community/Stakeholder Support

Belfast Drug & Alcohol Coordination Team/ Connections Service (BDAC Connections)

The DACT Connections Service provides information, advice, signposting and awareness raising initiatives to a range of community and stakeholder partners.

Tel: 028 9084 0555 (Extern)

www.drugsandalcoholni.info

connections@bdact.info

Workforce Development Training Programmes

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

ASCERT

Tel: 0800 254 5123

Drink, Work and Me

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

Addiction NI

Tel: 028 9066 4434

www.drinkworkandme.com

In Crisis? Call **Lifeline**

FREE 24/7 HELPLINE
0808 808 8000



ashton

Supporting
North Belfast



www.ashtoncentre.com

