

# ashton

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## Greater New Lodge Community Magazine



When things were at their worst during the Covid 19 pandemic, here in the New Lodge, the response was exceptional with many community workers and volunteers springing into action to counteract the severe isolation, vulnerability and hardship experienced by so many. In the face of monumental challenges and operating under various restrictions, community activists had to rapidly readapt their thinking and practice. Yet despite the many complications involved they managed to successfully deliver a huge range of crucially important services and activities. This including food banks, family support, childcare, welfare advice, housing assistance, mental health care and counselling, youth development, arts and leisure activities, victims and survivors provision, training, education and employment services, capacity building, urban planning, community safety responses, communications systems and much more.

### New Hope

However today the old despair is beginning to recede, gradually being replaced by a growing sense of hope. With the roll out of mass vaccinations, confidence is rising that the worst of the pandemic might be behind us and a better and brighter future awaits.

### Ashton Community Trust

At this important juncture we in the Ashton Community Trust take the opportunity to repeat our commitment to the community that we serve. As we move forward, we remain strong in our resolve to create positive change. In so doing we will continue to work collaboratively with our many partners, sharing our knowledge and experience and providing innovative solutions to problems. At all times we will listen carefully to the various community voices and remain alert and responsive to people's diverse needs as they continuously change and evolve.

### The Worst of Times! The Best of Times!

In the fullness of time we may look back at this extraordinary period as the worst of times but also as the best of times. Put simply, in the face of great adversity the abiding memory is one of people helping people. In this edition of our community magazine we have provided some imagery of local community responses during the lockdown. It has obviously been impossible to capture everything and space restrictions allow us to show just a fraction of the activities that occurred. However Ashton Community Trust is currently working on a short documentary which will portray in much greater detail the local community response to lockdown and we hope to release this to the public sometime in the near future.

See pages 2, 3 and 4 for a selection of photos of some of the groups helping across North Belfast

# People Helping People

A small selection of photos of some of the groups helping across Greater New Lodge



New Lodge Arts



TAMHI



Kinderkids Daycare



New Lodge Arts



New Lodge Youth Centre



New Lodge Arts



Community Food Bank



TDK Residents Group



North Belfast Mens Shed



New Lodge Safer Streets

# People Helping People

A small selection of photos of some of the groups helping across Greater New Lodge



New Lodge Arts



New Lodge Youth Centre



Tar Isteach



New Lodge Youth Centre



Breakthrough Programme



Ashton Family Support



Star Neighbourhood Centre



Communities In Transition



New Lodge Arts



New Lodge Youth Centre



Community Food Bank

# People Helping People

A small selection of photos of some of the groups helping across Greater New Lodge



Newington Housing Association



New Lodge Arts



North Belfast Mens Shed



New Lodge Youth Centre



Breakthrough Programme



Community Food Bank



Sailortown Regeneration



Star Neighbourhood Centre



New Lodge Arts



Ashton CORE Project - Working from Home

Newington Housing Association

# New Inquest Ordered Into New Lodge Six Killings

The decision to order a new inquest into the killings of six local men in 1973 has been welcomed by families, relatives, friends and the wider New Lodge community. Attorney General Brenda King recently announced that she had taken the decision to order an inquest "as it is now clear that there will be no further PSNI investigation" into the deaths.

## Families Campaign

The families of James McCann, James Sloan, Anthony Campbell, Brendan Maguire, John Loughran and Ambrose Hardy, known collectively as the New Lodge Six, have campaigned together for decades to expose the truth of what happened on that fateful night.



In the immediate aftermath of the killings the British Army claimed they had shot the men because they were armed. This has always been vehemently denied by the families and numerous eyewitnesses.

## Major Tragedies

For such a small, tight knit community the New Lodge suffered hugely and disproportionately during the conflict with about 100 local people losing their lives. The New Lodge Six killings happened only 14 months after 15 other local people were killed in the bombing of McGurks Bar at North Queen Street. These dual multi-death tragedies would leave an indelible, traumatic and trans-generational imprint on the entire local community.

## Community Inquiry

Almost 30 years after the killing of the six men, hundreds of local people attended a public Community Inquiry held over a two-day period at St Kevin's Parish Hall, North Queen Street in November 2002. Over 50 local eye witnesses testified that the men had all been unarmed when killed. The money raised to hold the inquiry came in large part from a funding drive within the local community, mostly door step donations. The inquiry was headed at the time by an internationally distinguished team of human rights lawyers.

## Deep Trauma and Many Questions

In response to the announcement of a new inquest, local man Willie Loughran, whose brother John was one of the victims, welcomed the decision, describing the attack on the New Lodge community as "unprovoked" and one "that has left a deep trauma and many questions". Speaking on behalf of the families, Mike Ritchie of Relatives for Justice welcomed the new inquest and said it was "an important step in the search for truth about the events in the New Lodge.



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# Community/University Liaison Forum

## Lottery Support

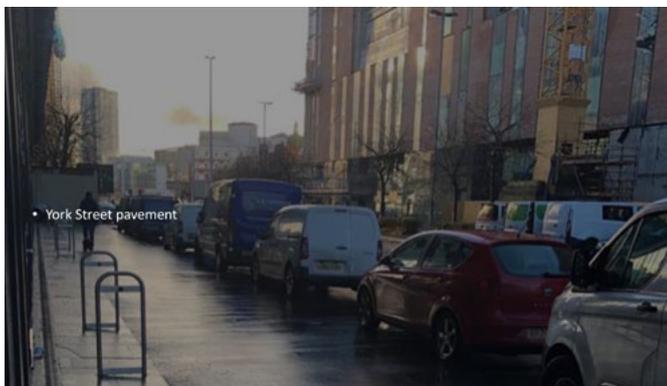
With support from the National Lottery Community Fund the Ashton Community Trust continues to provide assistance to local residents as they cope with the physical and social challenges arising from the development of the nearby Ulster University, its carpark and associated student accommodation tower blocks. Since these constructions first began residents particularly in the Lancaster Street/Thomas Street area have endured a range of adverse effects including excessive noise, dirt, dust, air pollution, structural damage to property, rodent infestation, parking, traffic and access problems. The multi-storey constructions have also resulted in loss of daylight for some residents and a general sense of being closed in and cut off.

## Community/University Liaison Forum

One of the methods that Ashton has employed to assist residents has been through the establishment of a Community/UU Liaison Forum which meets on a regular basis and acts as a reference point for engagement between residents, the UU and other relevant agencies.

## Parking Problems

In recent months one of the major issues has been the noticeable increase in obstructive or illegal parking which is causing problems and creating hazards for the local community. As well as effecting residential streets another recurring issue has been vans and cars parking at the York Street/Frederick St intersection. This poses an added risk of accidents as it blocks off the vision of pedestrians and motorists alike at a very busy junction. There have also been some noisy behaviour from nearby Student Accommodation quarters.



## Actions

Through the Liaison Forum a number of actions were agreed including gathering photographic evidence and pursuing legal enforcement measures. This has resulted in increased attention by the relevant authorities to the problem with warning notices being placed on some cars and a number of vehicles have been towed away. It has also been arranged for the new UU car park to be open for construction vehicles. Building contractors employed by UU now regularly patrol the area to dissuade obstructive parking. The Department for Infrastructure (DfI) has also committed to refreshing the single yellow line on the east

side of Frederick Street and renewing the parking signage provision. Discussions with DfI in relation to finding longer term parking solutions are ongoing. Student Accommodation providers, the University, City Council and community representatives continue to explore options to address noisy behaviour at accommodation blocks and meetings and communications about this are ongoing.

## DfI Minister Nichola Mallon

In addition the DfI Minister, Nichola Mallon, also noted her support for the management of parking in the area and acknowledged the joint work done thus far through the Community/University Liaison Forum.

## Going Forward

As the construction phase ends and the campus becomes fully operational thousands of students and associated visitors will start to arrive. This will bring other challenges but hopefully new opportunities as well. Therefore Ashton is currently exploring a range of ideas with UU about how to build more positive longer term UU/Neighbourhood relations including how local community benefits might be generally achieved.

# Ulster University's New Belfast Campus Update

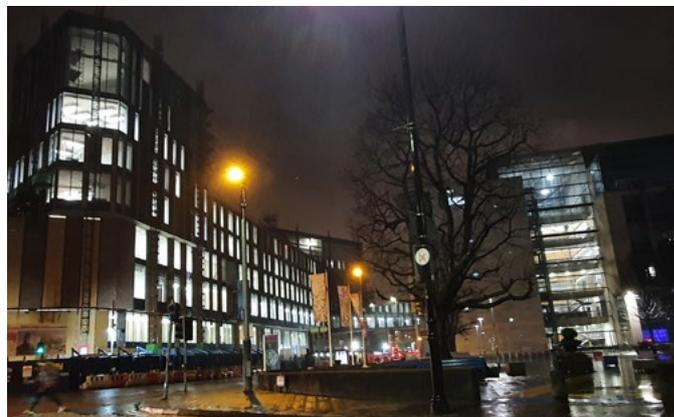
The following is an update provided by the Ulster University on the construction at the new campus.

## Construction Phase

The construction of the new Belfast campus on York Street and Frederick Street continue to make good progress.

The glazing to the front of the main building and the progress of the brickwork are evidence of an advancing project. The campus remains on schedule for opening in September 2021 and this is kept under regular review in light of the ever-evolving COVID-19 context.

Inside, the change is even more striking. The heat is on in key areas of the campus, fixed furniture is being installed in the main teaching block and the stone floors are all substantially complete.



Campus Construction Nears Completion

## COVID-19 Restrictions

Key areas of the new campus are fully open to the public and whilst tours for local residents and neighbours are on hold due to COVID-19 restrictions, the University will revisit community tours of the campus when it is safe to do so.

## The Kindness of Others

Far too often in our busy lives we don't take the time to say how much difference, a kind act can make to the lives of others whether that act is done on behalf of an individual, a family or a community. I would therefore like to say something about an act of kindness that I witnessed recently.

During the Christmas period I spoke to Katrina Newell who works for the Ashton Community Trust as manager of New Lodge Youth Centre. I told Katrina about a few local families that I knew who were really struggling to make ends meet. They were at their wits end during the entire run up to Christmas and really fearful that their children would have nothing for Christmas Day. Her response was simplicity itself, "What's needed Rosemary"? she asked me. After I had explained the situation in more detail, Katrina said "Leave it with me". Within a short time a husband, wife and family arrived with gifts and the proceeds of a raffle. They didn't know the families in question nor ask anything about them. But I can tell you through this act of pure kindness they helped transform the lives of others less fortunate than themselves. For a few families Christmas Day would now be one of joy instead of one of misery and despair.

In our community there are hidden gems, people who want to remain anonymous and invisible but their kindness reaches out and touches all who come into contact with them.

There are a few other people in our community who I feel I must mention who always go the extra mile to help others. To Christine McKeown (Kinderkids) Ashton Centre and Anne Delaney of New Lodge Arts we offer our very grateful thanks.

Last but not least I need to say a big thank you to Councillor JJ Magee for all his hard work at Christmas bringing food hampers for our community.

Thanks also to all our Food Bank volunteers in TDK COMMUNITY GROUP  
We look forward to the rest of 2021 with optimism and hope for a better future.

Rosemary McGreevy- Chairperson TDK Residents Group

# Kinderkids Daycare

## Working in the Heart of the Community

Kinderkids Day Care continues to operate a full service during the COVID-19 Pandemic, based out of two sites at Henry Place. Kinderkids has still maintained the child-focused play provision essential for holistic development and the learning journeys of all the children that attend.

As we move into Spring, Kinderkids will focus on capacity building and enhancing practices for all the families that use the service. Kinderkids is embarking on developing The Solihull Approach within the Day Care, an approach that is a highly practical way of engaging with children and families, within a robust theoretical structure. The Solihull Approach ensures that children have a good emotional start in life and throughout childhood. Kinderkids has also recently adopted the Play Work Principals into the After School Provision, an area which will be built upon in the coming months.

Whilst the COVID-19 pandemic has proven to be challenging at times for the operational running of the Day Cares, Kinderkids strives to continually provide the high quality childcare service that many families are reliant on.

For more information please contact; [fionnuala.black@ashtoncentre.com](mailto:fionnuala.black@ashtoncentre.com)

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## 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**

## 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 facility 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 continuing 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 at: [caroline.mcilwee@ashtoncentre.com](mailto:caroline.mcilwee@ashtoncentre.com) or [alana.mckeown@ashtoncentre.com](mailto: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 1230 referrals have been processed with over 1350 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.

## Community Family Support Programme

The Community Family Support 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.

### Mentors

Since January, the mentors have been working from home exploring a range of interventions to continue to support people during these difficult times. The team have delivered our Mastering Lockdown programme via zoom which explored self-care tips, goals and motivation, empowering yourself to make positive decisions, reading alone and with your children and healthy eating on a budget with recipe sharing. Those who engaged with this also received a self-care pack to allow them to have something nice for themselves. Parents have also

engaged with our community partners to benefit from tips and advice for home schooling which we all know can be difficult. This explored the importance of setting the scene for home schooling and teaching reading at home.

### Employability

The Employability Mentor has been focusing on completing CVs and employability workshops via zoom, empowering people to become work ready. The team have been researching courses and worked with the employment academies to try and support people into training and employment and are continuing to explore potential volunteering options in these times in a safe way that will allow people to gain valuable experience and skills to transfer into employment.

To be eligible for the programme you must live in North Belfast, not in education, training or employment or wanting to increase your employment hours. If you are interested please contact [kris.morrison@ashtoncentre.com](mailto:kris.morrison@ashtoncentre.com) or [eileen.oprey@ashtoncentre.com](mailto:eileen.oprey@ashtoncentre.com)

# New Lodge Arts Update

## Spring Activities

Spring is just around the corner and although we can't deliver our usual Spring Awakening Festival, we are busy working behind the scenes to create some Spring Sunshine Packs for the local community. These packs will be ready to distribute just before Easter and will contain an array of arts & crafts, gardening activities and goodies to keep the kids occupied over the Easter break. Keep an eye out on our Facebook page for details.

## Board Game

Excitement is building for the launch of our Board Game! The game 'A Wee Day Out in Belfast' is a game for all the family and has been designed by our fabulous artist Fionnuala Lennon and designer Louise O'Donnell. Expect lots of Belfast slang and plenty of laughs! The game will be distributed to local families. Details will be included in our Facebook Page

## Jigsaws

Since the lockdown began in March 2020, sales of Jigsaws have soared so we thought we would jump on the bandwagon and create our own Jigsaws. Local artist Anne-Marie Taggart is designing the jigsaws and there will be a kids and an adult version. The Jigsaws will be distributed to local families through our networks. Watch our Facebook page for updates.

## Podcast

Plans are well under way to begin production of our very own Podcast. The podcast will be led by our Project Worker Susie Vint who is perfect for this role - let's just say she likes to talk! Expect some interviews, local stories,



showcasing local talent and maybe even a bit of gossip!

## Our Place – Our City' Documentary

As part of the Communities in Transition Programme, a group of 6 local people are working with local film maker James Rea Jr from Belfast Bohemians and Architect Mark Hackett to explore issues of the impact of the York Street Interchange. The young people will create the documentary and will contain interviews and discussions with local people to shine a light on the impact of this major development and explore alternatives.

## Mentoring Programme

New Lodge Arts & New Lodge Youth Centre are starting a brand new mentoring programme for young people aged 10-16 years old. Young people will be supported by a Youth Worker initially through online 1:1 workshops.

The programmes aims to:

- Promote positive wellbeing by addressing mental and



**ashton**  
Arts

**Get in touch:**  
(028) 90742255

anne.delaney@ashtoncentre.com



NEW LODGE  
ARTS

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

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

www.newlodgearts.com

or physical health. The mentors will play a key role in supporting the wellbeing of young people throughout the programme. The sessions will be tailored to meet the individual needs of the young people.

- Support children and young people to be happy and meet their full potential. The mentors will focus on providing a positive influence on the young people and encourage them to meet their full potential.
- To support young people to meet their future goals.

If you would like further information, please contact Anne Delaney on 07736389968 or email [anne.delaney@ashtoncentre.com](mailto:anne.delaney@ashtoncentre.com)

To register your child, please complete the online registration form following the link below.

<https://forms.gle/XbSUUdsAYUtwJy4q7>

### Workshops

Throughout lockdown, we have continued to deliver online drama and art classes. Once restrictions lift, we are very much looking forward to returning to face-to-face delivery and are excited to bring some new classes to our weekly schedule.



The flyer for the Mentoring Programme features the logos for NewLodge Arts, Youth Centre, and Ashton Supporting North Belfast. The main title is 'MENTORING PROGRAMME' in large, bold, white letters on an orange background. Below the title, three bullet points list the program's features: 'YOUNG PEOPLE AGED 10-16YRS', 'SUPPORTED BY YOUTH WORKER', and 'INITIAL SESSIONS ONLINE'. A photograph shows a woman and a young boy looking at a laptop. A circular inset shows a woman and two children. A text box asks: 'Do you know a young person aged 10-16 years who would benefit from 1:1 mentoring? Due to current restrictions, we can offer online sessions to support young people during this time.' At the bottom, contact information is provided: 'Get in touch: 07736389968' and 'anne.delaney@ashtoncentre.com'. Social media icons for Facebook, Twitter, Instagram, LinkedIn, and Pinterest are also present. Logos for Halifax Foundation for Northern Ireland and Belfast City Council are at the bottom right. The website 'www.newlodgearts.com' is at the bottom left.



For more information, get in touch with Anne Delaney on 07736389968 [anne.delaney@ashtoncentre.com](mailto:anne.delaney@ashtoncentre.com) or via:

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

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

 <https://twitter.com/NewLodgeArts>

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

# New Lodge Youth Centre Update

New Lodge Youth Centre has remained busy during these challenging times supporting young people and the wider community through a number of ways. Within this quarter we have tried to be creative in how we work with young people, mainly online which has led to very positive engagements and outcomes.

## CIT Programme

New Lodge Youth Centre, in partnership with YEHA and North Belfast Advice Partnership, launched a 6 week programme through the CIT Programme to support to those who are most in need. In these challenging times through the weekly creation of healthy recipe kits for family meals such as chilli con carne, chicken stir fries, creamy bacon pasta etc. We facilitated this by providing recipe packs as additional items to the weekly food bank list through North Belfast Advice Partnership and our staff and YEHA staff distributed these alongside the 80+ weekly food parcels to families in Ardoyne, New Lodge and wider North Belfast community.

## Community Foodbank

We have also been supported by the Community Foodbank who have supplied us with 50 packs each week for the last 6 weeks to distribute to local families. That's a total of 300 packs, so far! We have had pizza packs, pancake packs, fruit kebab packs, movie night packs and stir fry packs which have all helped to support families to undertake activities together throughout the ongoing lockdown.



## Buzzing Project Gardening Packs

We have also distributed other packs to support children and young people at this difficult time. Our Buzzing Project Gardening packs were launched last week and we have 90 of these allocated to families in the North



Belfast area. Each pack contains an Insect Hotel/Ladybird House, acrylic paint set, plant pots, compost and a variety of fruit, veg and bee friendly seeds to encourage people to get involved in urban gardening to entice the bee population back to the area and to also grow their own fresh produce at home.

## Pick-Me-Up-Packs

Our Pick-Me-Up-Packs was a very successful initiative through which we took requests to gift packs to people in the community who could do with a random act of kindness. Through this we were touched by the hardship many people have faced during this lockdown and also inspired of the resilient people we have living in our communities. We distributed 70+ of these packs to people aged from 4 - 70 years old.



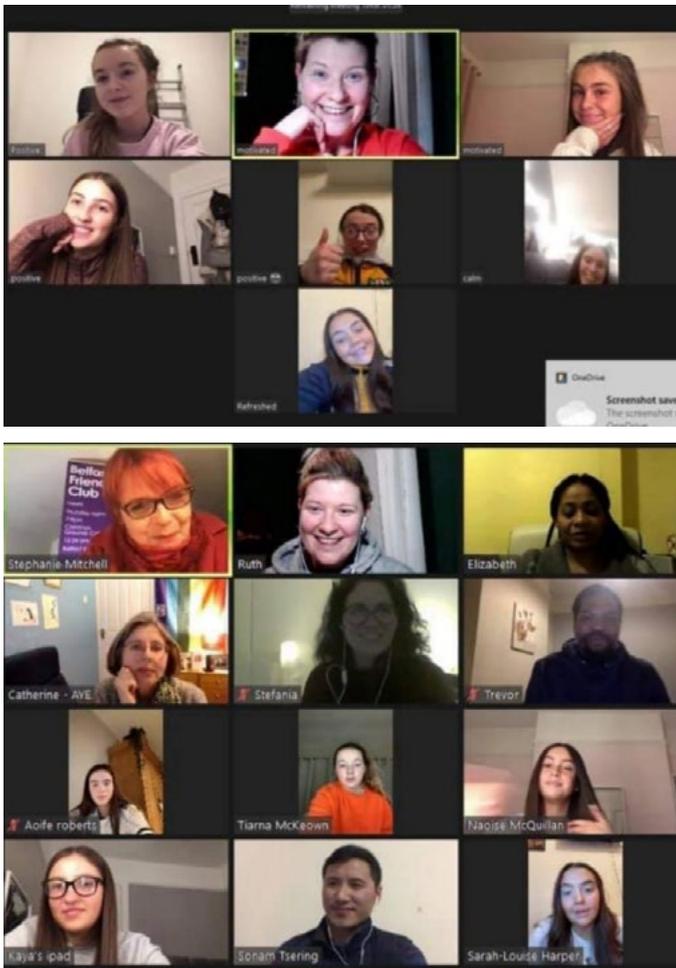
## Appreciative Enquiry

Throughout this lockdown young people have also continued to be active citizens. We have had a group of 8 young people complete training around Appreciative Enquiry style surveying who have since completed, in partnership with young people from the YEHA project,

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

have surveyed 100+ local residents in Ardoyne and New Lodge around the theme of Community Safety. This has been delivered through our CIT Community Safety Programme and findings will be published alongside an action plan.

We have also continued to deliver our group work with young people by remote means. We have had young people participating on OCNNI Programme to develop their understanding of Mental Health. We have had young people engaged in our programmes also around themes such as risk taking behaviour, positive relationships and role models.



**NEW LODGE YOUTH CENTRE**

**YOUNG MUMS GROUP**

ARE YOU A MOTHER AGE 16-18 AND WANT TO TAKE PART IN OUR BRAND NEW GROUP WITH OTHER MUMS FROM YOUR AREA?

CONTACT OUR PAGE FOR MORE INFO

## Census 2021 is almost here...

census2021

The census only happens every 10 years and the next one is happening in March 2021.

The information collected in the census is used to help make decisions about how vital public services such as education, transport and health are planned and funded in your local area. It is also used by community groups and charities to apply for funding so that they can provide the resources needed by the people they support.

Census 2021 data will help to shape many different aspects of life in Northern Ireland over the next 10 years and that is why your answers are so important. Your answers are completely confidential and your personal information will never be shared.

Census day is on March 21st, but you will receive letters with an access code to complete online in the post from the beginning of March 2021. As soon as you get the letter you can fill in the census.

You can complete online or on paper and we have a range of help and guidance available including accessibility and language support. Anyone you trust can help you to complete.

To find out more visit [census.gov.uk/ni](https://census.gov.uk/ni) or follow us on Facebook and Twitter @NICensus2021

# 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](mailto:breakthrough@ashtoncentre.com) or click on our social media links below.

[breakthrough@ashtoncentre.com](mailto: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

# breakthrough Programme

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# Ashton CORE Project Wellbeing Service

Introducing CORE's new Well-being service, welcoming new members to the team and how we have helped our community so far.

## Supporting Young People

Having identified a need to support young people in post pandemic times and as part of the CORE Project's ongoing commitment to improving the lives of young people throughout the North Belfast and Newtownabbey area, we are delighted to announce our new and unique Support Service and therefore would like to welcome our new Well-Being coach, Cailin.

Cailin will offer a range of services on a one to one basis to help address areas such as, low self-esteem, negative thinking, motivation and personal development and we are keen to hear from you if you believe you or anyone you know could benefit from the support offered.

## New Appointees

Additionally, we would also like to welcome to the team our new Training Officer Angela and Quality Assurance Officer Margaret, who will assist our clients in their career goals and educational journeys.

## Hundreds Receive Support

As April approaches and we prepare for the new funding year, we are pleased to tell you that the CORE team has supported 322 people this year, with 73 progressing to further education and training and 89 clients entering employment.

If you would like more information on the CORE programme and would like to hear how our team can help you, please get in touch.

## How To Register

To register with CORE, you must be aged 16-24 years old, not in education, unemployed and live in the North Belfast or Newtownabbey area. We can also support those in employment on a part-time basis but would like to increase their hours of work.

Email us at [core@ashtoncentre.com](mailto:core@ashtoncentre.com) or visit our Facebook page for more information

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/>

A copy of CORE's 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/>



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

# 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.

## Free Accredited Training

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](mailto:stuart.green@ashtoncentre.com)

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

## Upcoming training that will be running after the Easter break:

- Personal Development
- Employability Skills
- Childcare
- Health & Social Care
- Business Admin
- Core Skills
- Word Basics – Non-accredited
- Excel Basics – Non-accredited
- PowerPoint Basics – Non-accredited
- Introduction to Cloud computing – Non-accredited

Please visit [www.ashtoncentre.com/contactbelfastworks/](https://www.ashtoncentre.com/contactbelfastworks/) to sign up with Belfast Works.

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

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 [www.instagram.com/belfastworksjobs/](https://www.instagram.com/belfastworksjobs/)

 [www.ashtoncentre.com/contactbelfastworks/](https://www.ashtoncentre.com/contactbelfastworks/)

# COVID Support from Department for Communities & Social Enterprise NI

Ashton Community Trust would like to acknowledge the Department for Communities & Social Enterprise NI for their financial support to help with our lost income due to the impact of COVID. The financial support was given through their COVID Charity Fund and distributed by Community Finance Ireland. The fund has enabled ACT to continue their much needed work throughout this pandemic without the added burden of loss of income.  
[@CommunitiesNI](#) [@CommunitiesNI](#) [@scentni](#)



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Calling all Residents!  
Do you have the Essential Skills for everyday life and work?  
English + Maths + ICT = Essential Skills

Make 2021 the year to start your Essential Skills journey!

New short English, Maths and (ICT) computer courses are starting in April for anyone living in BT14 and BT15.

**Courses cover:**

- ✓ Improving everyday maths
- ✓ Communication skills for Life + Work
- ✓ Using computers for English and maths

Courses are **LOCAL + FREE** + lead to a recognised **QUALIFICATION**

If you would like to find out more email Hilary on:  
hilary.adair@ashtoncentre.com or message us on:  
<https://www.facebook.com/ashtonesentialskills/>

www.ashtoncentre.com





**Find Ashton On Social Media**

Facebook: @ashtoncommunitytrust  
Instagram: @ashtoncommunitytrust  
Twitter: @ashtoncommtrust  
LinkedIn: @ashtoncommunitytrust  
Pinterest: @ashtonbelfast  
ISSUU: @ashtonbelfast  
YouTube: @AshtonBelfast  
Google: <https://g.page/ashton-centre>



**JOIN OUR Ashton WhatsApp Group**  
Just text your name to:  
**078 034 058 99**

## Write Club

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](mailto: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>

## 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](mailto: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 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

## St Joseph's Church Sailortown

St. Joe's is going strong with our new wheelchair accessible toilet going in as we write this.

We'll have heating in over the next few weeks, so we'll be ready to welcome people for activities once lockdown eases. We're seeing a lot more people walking down to the river past the Church. Great to see so many visitors to Sailortown again. Sometimes they pop their heads in to say hello when the doors are open.

Over Christmas Sailortown was lit up with 50 Christmas trees plus a 16 foot one in St Joseph's. There are now spotlights inside and out which change colours thanks to Belfast City Council.

We also have display boards inside about some well known Sailortown Characters. Molly Seaton, the female footballer and doffing mistress, Jimmy Hasty the one armed footballer, Dinny Farrelly, Seaman and local Bike repairer and Seanie Baker, who fought so hard to keep the Sailortown area alive.

For St Patrick's Day we had an 8-hour series of music, dance and storytelling which was streamed live online from St Joseph's. This was followed in the tradition of the iconic Rotterdam and Pat's Bar celebrating all that was and is great in North Belfast.

<https://www.facebook.com/friendsofstjosephssailortown/>  
<https://twitter.com/StJoesBelfast>  
<https://www.sailortownregeneration.com/>



# New Lodge Housing Forum Community Update

As everyone will be only too aware, this past year has been a disaster in all aspects of everyday living and the Housing Forum find ourselves as frustrated as anyone else in trying to keep things as normal as possible. The big projects we had been working on, i.e. the long streets redevelopment and the strategy for the future of the tower blocks have been understandably shelved for the time being but everyday problems continue to occur and need to be dealt with.

## Housing Office

The Housing Office has largely been able to remain open and despite personal set-backs regarding Covid, our Housing Worker Gerry O'Reilly has maintained a continuity in providing a service to the community and for this, in the face of such adversity, deserves the appreciation of all. Whilst we remain open and our hours are still 9am until 2pm we would ask people to adopt what has become normal safety procedures.

If possible, ring beforehand to arrange a meeting on 02890742399.

Preferably come alone or with just one other person.

Wear P.P.E. (A mask).

Observe social distancing.

Emergency repairs are being maintained but less urgent requests may be delayed.

## Pandemic Disruption

Disruption caused by the pandemic continues to be a stumbling block in pushing forward with the vital work to rid the area of poor, inadequate and in many cases, unliveable housing but the forum, together with the Upper Long Streets Residents Committee, are hoping to meet the Housing Minister in the very near future to re-establish the momentum that existed in the push towards the continuation, or as we see it, the completion of the redevelopment of the long streets. The Housing Executive remains committed to this goal and the Department for Communities must now act.

## Tower Block Strategy

The Tower Block strategy across the North has been stalled because of the pandemic, with blocks earmarked for demolition being used as short term lets for the homeless and street dwellers, in line with present restrictions. The planned refurbishment for the remaining blocks should recommence soon.

## Material Delays

It should be mentioned that, quite apart from covid, problems arising around Brexit and the "Irish sea border" are causing delays in acquiring materials such as doors, windows etc. which normally come from Europe and may have to be resourced elsewhere causing further delays in some cyclical schemes.

## Anti-Social Behaviour

The Housing Forum is an integral part of the New Lodge

Safer Streets Committee and as such need to point out some ongoing problems which could have serious consequences for residents in the area. Recently we have seen an upsurge in anti-social activity by a group of young people who seem hell bent on making life a misery for residents, especially the older and more vulnerable members of our community. While we are attempting to deal with this activity by working with various statutory organisations and demanding more parental responsibility and control, the situation has been made worse by the irresponsibility of thoughtless individuals.

Recently a chesterfield suite was dumped in the Pinkerton area, this was subsequently pushed against the door of a resident and set alight. The fire brigade arrived and were stoned and had it not been for the intervention of local people the outcome could have been tragic. Pinkerton/Bruslee is not a dumping ground and this activity is fly-tipping and illegal. Cameras are soon to be erected in this and other "hot spots" and perpetrators will be identified. We will happily accept any information from local residents on this and other anti-social or illegal activity which threatens the safety of the good people of our area.

Help us to make the New Lodge a safer and more welcoming area for all. Contact us at 23 New Lodge Road Belfast. BT15 2BU or on 02890742399.

Liam Wiggins, Chair.



## 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](mailto:thenewlodgehousingforum@gmail.com)

# An Overnight Success after 20 Years Local MLA Caral ni Chuilin

Welcoming the start of work in the New Lodge to remove interface barriers after 20 years, local Sinn Fein MLA and New Lodge resident Caral Ni Chuilin speaks to us on the pace of progress.

## Barriers Removed

I like many other residents of the New Lodge was delighted to see work begin to remove the somewhat grim physical barriers at homes on North Queens Street and the Duncairn Gardens this week. It reminded me of a popular saying in the music industry that it took twenty years to become an overnight success and undoubtedly the pace of progress can be painfully slow and frustrating on many issues that we face.

## Life on the Interface Frontline

Many of us will recall the seemingly endless nights of violence at this particular interface some twenty years ago. At a time when many other areas were looking forward, the people at the front-line living at interfaces lives were getting worse as they faced pipe bombs being thrown at their homes and attacks as they tried to get to the chemist and doctors surgeries.

The battle we had at the time to get blast proof oil tanks, grills on windows and heavy duty fencing to save lives was massive and the selfless work to protect homes by the community was simply incredible.

## Improving the Quality of Life

Over recent years work has been done to attempt to improve the quality of life of people living at these interfaces with the absolute priority being their safety first. Interface workers along with statutory agencies and political representatives worked with residents to build the confidence necessary to take a positive step forward. This unsurprisingly has been a huge task and residents have been rightfully cautious. This week contractors began the work to remove the barriers around the North Queens Street and Duncairn Gardens homes and to replace them with new safe and modern measures which will hugely improve residents quality of life. A similar scheme on the Crumlin Road launched some years ago has been a big success as we hope this one will be also.

## The Frustrating Pace of Progress

The pace of progress is frustrating on many fronts and we as a community are trying to overcome systemic inequalities which have left a huge hole to fill in delivering a decent quality of life particularly in working class areas. The often unseen work done by groups



Gerry O'Reilly, JJ Magee and Kate Clarke at the removal of the peaceline on North Queen Street, picture courtesy of North Belfast News

such as Safer Streets is invaluable in helping to hold statutory agencies to account and much remains to be done. However this comes as little comfort for families currently suffering from anti-community activity, poor housing and agencies who drag their feet when called on just to do their jobs.

## Delivering Investment

As political representatives we battle to deliver investment in projects such as Girdwood but also to tackle those systemic inequalities with the recent vision for the future of public housing of which North Belfast has suffered those inequalities disproportionately.

Nobody wants to wait for their children to be grown and raising their own children before change is delivered however as we face the centenary of partition there is so much discrimination, inequality and division to redress.

## The Future is Bright

However the future is bright and we are making progress on many fronts. With the fall-out from Brexit the tectonic plates have shifted and a referendum on Irish Unity is within our grasp. I remain positive and inspired by the work on the ground done by so many in areas -like our own but also by the young visionary leaders locally and nationally. The days of division must end, working class communities such as the New Lodge and Tigers Bay must see a tangible improvement in their quality of life and I'm confident of an overnight success after the many years of hard work.

Is mise le meas

## 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)

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**Facebook**

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# Bridge of Hope Continuing To Provide Support

**ashton**  
Bridge of Hope

As we approach a year of living with the restrictions of COVID-19 and the effects it has had on our professional and personal lives Bridge of Hope have been reflecting on the changes and challenges which the team have faced in the last year and the enormous effort by all involved with Ashton, Bridge of Hope to ensure continued service delivery and support for individuals who have needed us in the last 12 months.

We are now entering a new financial year and month 13 of working from home. We are committed to continuing to work with victims and survivors of the conflict, those experiencing poor mental health and individuals impacted by suicide and self-harm in the weeks and months ahead as we take tentative steps back into the new normal. As well as continuing to deliver counselling and our Health and Wellbeing support through our 2 PEACE IV funded Health and Wellbeing Caseworkers, we are also planning exciting new training programmes in the year ahead.

On the 24th March 2020 the Bridge of Hope team came into the office to collect their laptops and general office supplies



If you would be interested in talking to someone about accessing support for any of our programmes please contact Liz, Martina or Ellen on the numbers below and they will be able to explain our services and get you in touch with the most appropriate member of the team.

Liz White - [liz.white@ashtoncentre.com](mailto:liz.white@ashtoncentre.com) 07425700630

Ellen Harmon - [ellen.harmon@ashtoncentre.com](mailto:ellen.harmon@ashtoncentre.com)  
07825393875

Martina Donnelly - [martina.donnelly@ashtoncentre.com](mailto:martina.donnelly@ashtoncentre.com)  
07551780599

Alternatively you can email us on [bohinfo@ashtoncentre.com](mailto:bohinfo@ashtoncentre.com) and someone will give you a call back to discuss your needs.

to allow us to transition to working from home. Little did we know at that time we would not see each other or our clients face to face for 12 months. As with the community in general this was a period of great uncertainty for the team as no one knew how long we would be away from our offices, nor the impact COVID 19 would have on all our lives, both personally and professionally. However, the team put aside our personal concerns and continued to work to the best of their ability to help those in need. It is to the credit of an amazing team of committed professionals that Bridge of Hope have supported over 2000 unique individuals since the first lockdown offering a range of services including, counselling, training, telephone support and Health and Wellbeing support.

The Bridge of Hope team are hopeful that by working together we can continue to support our local community and move forward into a new post COVID-19 era.





**ashton**  
Bridge of Hope

Building a healthy resilient you

 [irene.sherry@ashtoncentre.com](mailto:irene.sherry@ashtoncentre.com)  
 [mary.stanton@ashtoncentre.com](mailto:mary.stanton@ashtoncentre.com)

[www.thebridgeofhope.org](http://www.thebridgeofhope.org)

✓ Counselling

✓ Complementary Therapies

✓ Personal Development

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

[www.ashtoncentre.com](http://www.ashtoncentre.com)



## Communities In Transition

## HEALTH AND WELLBEING PROJECT

## Ardoyne & New Lodge



# Emotional Wellbeing Fun Virtual Events

As part of Communities in Transition (CIT) Health and Wellbeing programme.

Ashton Community Trust in partnership with Lighthouse and YeHa are delighted to host virtual activities that will boost and improve emotional wellbeing. All events are free each event has a free incentive gift. Events will run from Monday 22<sup>nd</sup> March to Friday 26<sup>th</sup> March 2021 and will be available via zoom.

To sign up email: [annette@lighthousecharity.com](mailto:annette@lighthousecharity.com)

**Virtual Move and Stretch Yoga** – is designed for the less abled bodied person. You can do it on your chair at home and is a great exercise that will help to improve your physical and mental health. Sign up and have fun learning something new. You will also receive a free incentive gift! Times Monday to Friday 10am – 11am & 2pm to 3pm

**Virtual Yoga** - try out a session to build up your energy level, learn moves and positions to use every day which will help improve your physical and mental health. Sign up and have fun learning something new. You will also receive a free incentive gift! Times Monday to Friday 10am – 11am & 2pm to 3pm

**Virtual Zumba** – try out a lively session to build up energy levels and raise your happy hormones which will help with physical and mental health. You will also receive a free incentive gift! Times Monday 22<sup>nd</sup> 10am -11am, Wednesday 24<sup>th</sup> 6pm -7pm , Friday 26<sup>th</sup> March 10am –11am.

**Virtual Bums and Tums** - try out a session to tone and strengthen your body and build up your energy levels which will help with physical and mental health have fun learning something new. You will also receive a free incentive gift! Times Monday to Friday 10am – 11am & 2pm to 3pm

**Virtual Heal Your Life session** - Transforming your life using 'Heal Your Life' philosophies' by Louise Hay. Sign up to 3 sessions you will come away with a new-found knowledge and awareness of their own self-worth, techniques to encourage new confidence and feeling more positive going forward. You will receive a journal and pen to write down their thoughts or observations of process. Times Monday 22<sup>nd</sup> 10am – 12pm, Wednesday 24<sup>th</sup> 6pm to 8pm & Friday 26<sup>th</sup> 10am – 12pm.

**Virtual Mindfulness & Breathing sessions** – Introduction to relaxation & breathing exercises to lower anxiety and promote better sleep, taking time for you. You will receive a journal and pen to write down their thoughts or observations of process. Times Monday 22<sup>nd</sup> to Wednesday 24<sup>th</sup> 7pm -8pm Thursday 25<sup>th</sup> & Friday 26<sup>th</sup> 10am – 11am

If you are interested in joining these events, please email: [annette@lighthousecharity.com](mailto:annette@lighthousecharity.com)

Communities in Transition (CIT) Ashton Community Trust, in partnership with Lighthouse and YeHa are delighted to host an online Health and Wellbeing event.

## Shared Reading at the Duncairn

Shared Reading is about reading for pleasure - offering meaning and connection through great literature in new ways. Drop in to a Shared Reading group for a short story and a poem - there's no pressure to read or talk.

Belfast Central Library, via Zoom, every Friday at 2.30 pm

Contact Karen for more information - [karen.woods@librariesni.org.uk](mailto:karen.woods@librariesni.org.uk)

LoughShore Shared Reading group, via Zoom, from 23 March 2021, every Tuesday at 7.00 pm

Contact Michael for more information - [loughshoresaredreadinggroup@gmail.com](mailto:loughshoresaredreadinggroup@gmail.com)

We hope to return to reading live at The Duncairn soon!

[www.facebook.com/stories.at.the.duncairn](http://www.facebook.com/stories.at.the.duncairn)

# Ashton Here To Help & Support The Local Community



## Bridge of Hope

Email: [bohinfo@ashtoncentre.com](mailto: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](mailto:arlene.moody@ashtoncentre.com)

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

## Belfast Works

Email: [stuart.green@ashtoncentre.com](mailto:stuart.green@ashtoncentre.com)

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

## Essential Skills

Email contact: [hilary.adair@ashtoncentre.com](mailto: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](mailto:christine@ashtoncentre.com)

Charlene Foster on [charlene.foster@ashtoncentre.com](mailto:charlene.foster@ashtoncentre.com)

Fionnuala Black on [fionnuala.black@ashtoncentre.com](mailto: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](mailto: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](mailto:kris.morrison@ashtoncentre.com)

Eileen O'Prey on [eileen.oprey@ashtoncentre.com](mailto: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@ashtoncentre.com](mailto:caroline.mcilwee@ashtoncentre.com) or 07538575324

Alana McKeown on [alana.mckeown@ashtoncentre.com](mailto:alana.mckeown@ashtoncentre.com)

## Breakthrough Programme

Email: [rosemary.mccusker@ashtoncentre.com](mailto: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](mailto: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](mailto:sean.breen@ashtoncentre.com)

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

## Fablab

Email: [anne.delaney@ashtoncentre.com](mailto: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](mailto: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/>



As part of the Communities in Transition (CIT) Health & Wellbeing programme, Ashton Community Trust, in partnership with Lighthouse and YeHa are delighted to host a virtual Community Celebration Event. We are looking for some great talent from within the community to participate. Do you have a talent that would be great to share? All we are asking is that you upload a short 1-2 min video of you performing your talent and send to:

Whatsapp: 07843619441 Email: michelle@profiletree.com

Categories Include:

Song/Music  
Poetry/Storytelling  
Performing arts

Some Ideas:

Can you WOW the community with some magic?

Perform a Dance Medley - Get with your friends and decide who has the best moves for different styles and songs. Then create several twenty to thirty second choreographed segments.

Sing or Play an Instrument - Choose a song or instrumental piece suited to your skill level. An easier tune sung or played with perfection is more impressive than a difficult piece you struggle to complete. Even if you have never performed before, if you really want a chance to show what you can do, go for it! Practice and then record yourself.

Physical Talent - Can you show the community some karate moves? Yoga skills or maybe football skills?

Circus Skills - Anyone an aspiring juggler or experienced in other fun circus skills that could share?

Filming Tips:

1-2 mins is perfect - Please film in landscape - Mobile if fine try to set your quality in settings to 1080p  
Maybe create a practice piece first to check all is ok - Try to use natural light  
£20 payment for videos.

<https://www.ashtoncentre.com/communitycelebration/>



## CONNECTED COMMUNITY CARE FOR CANCER

### - North Belfast -



*My name is Megan Power and I am the  
Macmillan Community Link Worker for North Belfast.*

#### MY ROLE

I organise a suitable time and place to have a meaningful and supportive conversation with those affected by cancer. I provide a holistic assessment of the clients concerns and listen attentively and empathetically to what's important to them at that point in their cancer journey. From this conversation we develop a care plan together. This care plan will outline the kind of support the client needs. I will then link them into services to help and support them.

During the COVID-19 pandemic I have been working with clients in North Belfast to support them and provide information on essential services. I have linked them into support for food & medication delivery, utilities and emotional support.

#### TYPES OF SUPPORTS WE CAN LINK INTO:

telephone counselling & befriending

benefit/financial advice

therapeutic short breaks

housing advice

activity and exercise guidance

employment advice

If you live in the North Belfast area, are over the age of 18, have a diagnosis of cancer and feel you could benefit from this type of support please feel free to contact [cccforcancer@belfasttrust.hscni.net](mailto:cccforcancer@belfasttrust.hscni.net) or call [028 9590 1407](tel:02895901407).

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

# 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](http://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](http://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](http://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](http://www.alcoholicsanonymous.ie)

##### AlAnon

Group Support for Family Members

 Tel: 028 9068 2368

 [www.al-anonuk.org.uk](http://www.al-anonuk.org.uk)

##### Alateen

Group Support for Teenagers

 Tel: 028 9068 2368

 [www.al-anonuk.org.uk/alateen](http://www.al-anonuk.org.uk/alateen)

##### Narcotics Anonymous

12 Step Programme/Group Meetings

 Tel: 078 1017 2991

 [www.na-ireland.org](http://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](http://www.drugsandalcoholni.info)

 [connections@bdact.info](mailto: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](http://www.drinkworkandme.com)

In Crisis? Call **Lifeline**

FREE 24/7 HELPLINE  
0808 808 8000



# *ashton*

Supporting  
North Belfast



[www.ashtoncentre.com](http://www.ashtoncentre.com)

