

ashton

 facebook.com/ashton.centre

 twitter.com/ashtoncommtrust

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Greater New Lodge Community Magazine



During June and July 2019 Ashton Childcare and Family Support Department launched an appeal for nearly new and recyclable school uniforms for distribution to other families. Ashton was truly overwhelmed by the generosity and response of local people. The quality of the uniforms donated, was absolutely outstanding, with some uniforms brand new and still having the labels attached.

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Ashton Centre Development Limited



Attention All Shareholders
Ashton Centre Development Limited
Annual General Meeting **AGM**
5.15pm, 22nd October 2019,
Ashton Centre

Bonfire Trouble

August 2019 and the New Lodge hits the news for all the wrong reasons, 'riots', 'stabblings', 'young man critically injured', screamed the headlines, all associated with a contentious bonfire in the Barrack area. Outside observers could be forgiven for believing the New Lodge is a really bad place, somewhere to avoid, a dangerous violent ghetto.

True Face of the New Lodge

However in direct contrast a very different, more representative spectacle was simultaneously taking place nearby with many hundreds of local people enjoying a community carnival in Lepper Street. A school uniform support day to help local families kit out their children for the coming school year was also taking place at the Ashton Centre. Both events were part of the annual New Lodge Festival which hosts dozens of culture and arts based activities. Yet, there was no mention of this in the news bulletins? Instead the media focussed exclusively on the negative actions of the bonfire builders.

Commemorating Internment?

A report in the Irish News described the bonfire scene as follows, "Young men with court-ordered tags on their ankles and those with well-established criminal careers and lengthy criminal records are among the crowd". Another report from the same newspaper quoted one bonfire builder, "I build the bonfire because the New Lodge did have a lot of people ripped from their homes (during internment), I feel they have to be commemorated". However in a survey carried out a few years ago local ex-internees overwhelmingly stated their opposition to the bonfire. One said, "This area already has enough problems, the last thing we need is this bonfire and all the other nonsense that goes with it. What good is it doing? It just brings us all down, it's damaging and makes us all look like idiots, it's embarrassing". It seems that the bonfire builders simply ignore the feelings of those who were most directly affected by Internment.

No Winners -Only Losers

Those favouring the bonfire seem to harbour a vague notion that they are staging an act of defiance, scoring some kind of a victory. But who is the enemy, who are they defying, their neighbours, their families, their own community? The behaviour on show every year, including mindless violence, drugs, drunkenness and general mayhem is only putting further hardship on a community that is already under pressure. Trashing your own neighbourhood and subjecting the most vulnerable, including the elderly to this kind of onslaught hardly



Community vigil in opposition to bonfire

amounts to a victory for anyone. There are no winners here, only losers.

Community Spirit

Despite the many problems that it faces the New Lodge retains a solid sense of community spirit, with extended family connections, old bonds of friendship and strong social networks still clearly evident. The vast majority of our citizens older and younger alike are kind, reliable and honest people. Regrettably however a small but significant minority have consistently engaged in seriously bad behaviour that is self-destructive in both personal and community terms. It is this negative picture that the mainstream media is quick to highlight.

Finding Solutions

Unfortunately such anti-social behaviour will not magically disappear unless the many problems facing the area are given greater priority at policy and departmental level. This would require properly resourced programmes that specifically target at least some of the practical social, physical and environmental difficulties that are undermining the quality of life. Any such programmes must facilitate the genuine participation of local residents in deciding how these initiatives would be planned and delivered. It is this type of progressive approach that the community sector has been crying out for and which is crucial if we are to build real community safety and well-being. In the meantime youth workers, community activists and political representatives will continue to engage with statutory agencies and urge them to intensify their efforts to find solutions to the immediate problems at hand. They will also continue to look for ways to engage with those involved in bad behaviour in order to influence them to change their ways for the benefit of everyone, themselves included.

Continued from page 1

Wide Range of Choice

The uniform distribution days were from Tuesday 6th August until Thursday 8th August in Kinderkids day care building in Churchill Street. We had a wide range of uniforms for nursery, primary and post-primary local schools with sweatshirts, shirts, skirts, trousers, pinafores, jumpers and blazers all being available. We were thrilled also that Sharon Perry from Abundant Grace donated a wide selection of new schoolbags to help complete the range.

Fantastic Success

The room was set up like a formal uniform shop and this was due to the generosity of Pastor Stephen Reynolds from Church of God, Shankill Road who kindly donated hangers and rails to allow this to happen and to Bridges Sewing Group at the Ashton Centre who took the time to iron each clothing item.

The uniform distribution days were very busy with many families being welcomed with tea or coffee and the staff were able to chat with them and see if there were any other issues with which Ashton could support them. At the end of the uniform drive we were delighted to have supported 90 children and young people with either full or part uniforms. With the fantastic success of this year's event we are determined to replicate the scheme next year to help support families at this very stressful time financially.

Easing the Burden

Ashton cannot thank everyone who donated uniforms or helped in anyway. Families stated that community initiatives like the uniform drive ease the burden on them at a time of financial stress and that initiatives such as this were greatly welcomed.

Ashton Community Bursary Awards 2019

This is the 10th year of the Annual Ashton Bursary Awards. The purpose of the bursaries is to provide assistance to other community projects that are based in the Greater New Lodge area especially in cases where financial resources for a group are scarce and where they rely mainly on volunteers. So far well over 100 individual bursaries have been granted to local projects involved in activities such as sport, art, music, health, housing, culture, history, remembrance, safety and wellbeing. In providing financial support Ashton Community Trust is recognising the tremendous voluntary commitment of the people that run these various local projects and the importance of the work that they do.

To be eligible for the bursary, groups must meet the following criteria;

- Is based in and working within the Greater New Lodge area

- Is meeting local needs and providing local services
- Has modest resources and would find it difficult in accessing mainstream funding
- Is inclusive and non-party political

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

Maximum grant available is £500
Total grant fund available is £5,000

Applications are open now, contact Ciara Rea at the McSweeney Centre, 15-31 Henry Place Phone 028 90 322289 email: ciara@ashtoncentre.com

Application Closing Date Friday 8th November 2019



Parentline

Children in Northern Ireland and Relate NI have announced a new partnership which is expected to help over 5,000 parents, carers and family members a year in Northern Ireland through the Parentline NI service.

Parentline NI is a free and confidential listening ear service offering advice, support and guidance for parents, carers and family members.

It is well documented that parenting a child or young person can be hugely rewarding however at times it can be challenging. Parentline NI is here to support parents through all stages of their parenting journey, whether they are parenting a newborn or a teenager, we can guide them through key milestones such as transitioning into school or through struggles such as bullying, social media or mental health issues.

Our team of qualified and experienced support workers are available to ensure parents have a non-judgemental listening ear, providing them with the tools they need to navigate their anxieties and ensuring that no parent or carer feels they are on their own with little or no support.

Parentline NI is open from 9am to 9pm Monday to Thursday, 9-5pm Friday and 9am to 1pm on Saturday. The Service is available through a range of different channels including telephone, face to face and online.

Call us for FREE on: 0808 8020 400
Chat online at www.ci-ni.org.uk/parentline-ni Email: parentline@ci-ni.org.uk
For more information visit www.ci-ni.org.uk/parentline-ni or follow us on Twitter (@childreninni) or Facebook.



Parenting a child or young person can be hugely rewarding, however at times it can be challenging. Many carers can often feel like they are on their own with little or no support.

Parentline is here for you and offers an impartial, non-judgemental listening ear.

For advice on something specific or general support and guidance, just give us a call. It's completely FREE for anyone caring for or concerned about a child or young person.



FREE LOCAL HELPLINE
0808 8020 400

CHAT ONLINE: www.ci-ni.org.uk
EMAIL: parentline@ci-ni.org.uk

OPEN & DAYS A WEEK:

Mon-Thur 9am-9pm
Fri 9am-5pm
Sat 9am-1pm



Parentline NI is a service operated by Children in Northern Ireland & Relate NI. Funded by the Health and Social Care Board.

Community Contact Details

174 Trust.....	9074 7114
Ashton Centre	9074 2255
Bridge of Hope	9074 6737
Bridges Sewing Group	9074 2255
Bunsoil 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

help is at hand...



44 Alliance Avenue, Belfast, BT14 7PJ
T 028 9035 1999
E info@cancerlifeline.info

At our "home from home" Centre in North Belfast, Cancer Lifeline reaches out to you and your loved ones through a varied programme of support and information.

A cancer diagnosis brings with it a whole array of emotions, some of which can be overwhelming. It is at these times that you may need to talk to others facing similar fears and anxieties. You or your loved one may need access to practical support services, somewhere you can feel comfortable, where your feelings and reactions will be understood and treated sensitively.

A caring welcome, in a comfortable setting, where people can relax and talk through what is happening to them. The organisation has been referred to as a "lifeline" by many of our members.

The unique focus of Cancer Lifeline is that it is managed by local people, all of whom are living with cancer. Hence, when people come for support they will have the opportunity to meet and talk to others who have been through the same experience.

What we provide

Helping people to cope better emotionally, mentally, and physically with their illness is at the core of our support services.

- Some examples of our programme include:
- Counselling
 - Complementary Therapies
 - Women's Support Group
 - Mens Health Sessions
 - Hospital and Home Visits
 - Telephone Support
 - Library Services
 - Relaxation and Stress Management
 - Coping with Bereavement
 - Health Improvement Mornings
 - Signposting to other sources of support
 - Welfare Benefits Advice
 - Active Lives After Cancer (targeted support for people aged 60 plus)

www.cancerlifeline.info



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York Street Interchange - Court Ruling Means Further Delay

Senior judges have rejected an appeal by the Department for Infrastructure to overturn an earlier ruling which had invalidated the outcome of its procurement process for the building of the York Street Interchange. A joint legal challenge was made in the High Court by BAM Civil Ltd and FP McCann on the grounds that the procurement process, which led to a rival contractor securing the contract, was flawed. Work would have been due to start soon but this latest court ruling means the scheme will be further delayed as the contract will have to be bid for all over again.

The construction of the York Street Interchange is regarded by many in statutory and business circles as one of the key transport priorities. However what is rarely mentioned is the serious impact that the works will have on community life in the immediate proximity. The scheme includes road widening and associated works that will have considerable implications particularly for residents at North Queen Street, Little Georges Street and other nearby streets.

Research

In a recent community research project commissioned by Ashton the many issues and problems facing people living in the shadow of current construction works including the new Ulster University Campus, student accommodation blocks and car park were documented. Residents expressed fears that things will be even worse when the York Street Interchange works eventually start. The negative impacts that people anticipate are: increased traffic congestion, noise and air pollution, dirt, dust and rats during construction; parking constraints; danger to children from increased traffic; accidents; delays to emergency service vehicles; impact on house prices; general disruption to journeys by both foot and car including school run; and further physical isolation.

Dedicated Support Needed

The research also identified the need for dedicated resources to be provided to the local community sector to enable it



to provide effective support systems for residents. This would enable proactive engagement, communication and information sharing processes between the department, the contractor and community to address emerging problems and help alleviate the negative physical, social and environmental impacts. These resources should be provided by the Department of Infrastructure and other statutory bodies with associated responsibility. Mark Hackett from Ashton said, "Huge public and private investments are ongoing, It is time that the needs of neglected residents and communities adjacent to these changes are addressed. The massive investments going into these urban projects should include addressing the wider needs and issues of citizens. Surely this would be in the interest, safety and betterment of the city as a whole".

Community Made Film

A recent community made short film entitled 'On our Doorstep' provides an important insight. Although only eight minutes in length the film manages to capture in striking detail the traumatic effects of recent urban construction projects on residents and their deep sense of exclusion, frustration and isolation. The film can be viewed at;

<https://www.youtube.com/watch?v=UnB7-hHfwaM>

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

Greater New Lodge Community Festival 2019

As in previous years the 2019 festival programme contained dozens of community events including street parties, family fundays, theatre, literature, film, exhibitions and art shows, music gigs and concerts, lectures, debates, sports events, workshops and tours. As always the various festival events were well attended including numerous visitors from outside the area, with over 5,000 people taking part in total. Unfortunately while all of this was happening the media provided a huge focus on negative activities connected to the controversial bonfire in the area. However in contrast little attention was paid by the mainstream broadcasters to the much more uplifting fact that a tremendously popular peoples festival was happening in the area at the same time. It seemed of little interest to the media that dozens of popular events were carried out with a style and grace that more accurately portrays the real nature of the New Lodge community.

Festival Film and Survey

To promote the work of the festival and explore how we might make it better, we decided this year to conduct an extensive survey with participants. Alongside the survey many events were filmed and will go towards the making of a short documentary. The results of the survey and the short film will appear soon on the Ashton Website. However we can tell you that the 250 people that completed survey questionnaires expressed various interesting opinions combined with an overwhelming appreciation of the work that goes into delivering the festival. Meanwhile here are just some of the images captured during this year's fantastic programme.



Shared Reading @Duncairn

Dear friends,
We have re-launched our term-time Shared Reading session in the Duncairn.

Every Monday, 9.30 - 10.30 am.

This is designed for parents and other carers, but it's open to all - drop off the children, call in for a coffee and spend an hour with literature that will fill your heart and enervise your spirit.

These sessions are drop-in and free. A trained facilitator reads aloud a short story, and participants join in a conversation or sit back and relax. There's no reading in advance - it's not like a book club.
It is the most comfortable way of engaging with reading.

Why not encourage someone to take part by bringing them along yourself?

Please share and support - these wonderful north Belfast volunteers are building community by making amazing connections with literature happen every week!

Marnie Kennedy

Reader in Residence
Duncairn Centre for Culture & Arts
cnr Antrim Rd and Duncairn Ave
www.theduncairn.com
facebook.com/stories.at.the.duncairn
07971 568 573



BE PART OF A BIGGER STORY

MEET PEOPLE
SHARE EXPERIENCES
FEEL CONNECTED

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

Try Shared Reading in Belfast

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

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

Thorndale, Duncairn and Kinnaird Residents Group (TDK) Food Bank Appeal

The TDK Residents group is entirely made up of people that give up their time on a voluntary basis to improve and positively develop local community life. For many years now TDK has been involved in a wide range of activities aimed at creating a good sense of community spirit and safety in the area. One of the initiatives that TDK is active in organising is a Food Bank which is open at the 174 Trust between 10.00 am - 12.00 noon on Mondays and Wednesdays. Rosemary McGreevy who is the Chairperson of TDK said, "The value of the foodbank goes well beyond the food it provides. When someone in need comes here they are also making important social contact with people who care and who will treat them with dignity and respect. It also provides a reference point where people might seek advice or support about other problems or issues they might have".

If anyone would like to donate any items of food they can simply call with the items to the 174 Trust (former church) at the junction of Antrim Road and Duncairn Avenue facing the top of the New Lodge Road. Phone number 28 9074 7114

TDK Annual General Meeting

TDK will hold its AGM on the 30th October at 10.00 am in the 174 Trust Building. All welcome.



Packed House at Duncairn for James Connolly Play

Saturday September 7th and the Duncairn Culture and Arts Centre hosted a great night of theatre and music when it staged 'Under Which Flag', a play written by the revered Irish socialist republican leader James Connolly who was a founding father of the trade union movement in Ireland. Connolly was executed in 1916 for his part in the Easter Rising, when despite already being badly wounded was strapped to a chair to face the British firing squad.



Brian Quinn makes the Introductions

Unique Performance

This is first time ever that the play was performed north of the border. A packed house listened to the readings delivered by a cast of actors that included none other than Sabina Coyne-Higgins wife of the Irish President Michael D Higgins.

SHIP Project

The event was organised by the Sailortown based group SHIP

which stands for Shared History Interpretive Project. The SHIP project was established in 2006 to accept, collate and record information in order to promote and inform historical heritage projects encouraging the development of a shared history. The organisation records a living history of Belfast dockers, their families, the port in general and its connected industries and communities.

Sailortown Connections

Well-known local man Brian Quinn from (SHIP) opened the night's proceedings. Brian's great uncle John Quinn from Sailortown, a Docker by trade, was a key player in the trade union movement. John worked alongside James Connolly and that other legendary trade union leader Big Jim Larkin during the early 1900's when they famously organised Catholic and Protestant workers to stand in unity to fight against the slave labour and atrocious working conditions of the time.

In 1913 Connolly stood as a candidate in Dock Ward for election to Belfast Corporation. Appointed as Belfast Branch Secretary and Ulster Organiser of the ITGWU, Connolly set up office at 112 Corporation Street which was to be his base for the remaining five years of his life.

Given such close historical, personal and geographical connections it is a very fitting testament that the first northern showing of 'Under Which Flag' should be staged in North Belfast and delivered by the descendants of those that were James Connolly's union comrades during those tumultuous times.

Smash It Sister

Smash It Sister (SIS) is a programme funded by The Executive Office NI through the Central Good Relations Fund. Engaging with 24 young women aged 15-19 across North and West Belfast. Star Neighbourhood Centre is the lead organisation in the programme and is working in partnership with Glow NI and Let Youth Lead.

The seven-month programme aims to address a current global issue of gender equality, encourage young women to develop new skills, knowledge and a better understanding of the power of women. Building self-confidence, assertiveness and breaking gendered barriers to entrepreneurship, sports and mental health. The young people involved will host a city wide conference for young women in March 2020.

For more information on the programme or if you have a group who would like to be involved in the young women's conference please get in touch with Sarah Murphy on 02890740693 or Email: Sarah@starneighbourhood.org

Smash It Sister

Young Women's Good Relations Project
In Partnership with Star Neighbourhood Centre, GLOW NI & Let Youth Lead

- Want to meet New People
- Learn new Skills
- Gain Qualifications
- Residentials, trips and more!
- Aged 15-19?

Meet Every Thursday Night

Workshops Include:

- Personal Development
- 4 Week Make up Course certificate on completion
- 6 week Course with Womenstech
- 4 week Self-defence course with Leah McCourt

Project Workers

Catrina O'Neill:
Catrina@starneighbourhood.org

Emer Kelly:
emer@starneighbourhood.org
Tel: 02890740693

Funded by



**North Belfast
Lantern Festival**
29th & 30th October 2019

Contact New Lodge Arts for Further
Details on 90742255

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)



"THE GARDEN"
PARENT & TODDLER GROUP
Tuesdays 10 am - 12 noon
in ABUNDANT GRACE
130-134 DUNCAIRN GDS
BELFAST BT15 1GN
Tel: 07737645029
OPENING: 17th SEPTEMBER 2019



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

174 Older Peoples Club



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



JOIN OUR GROUP ON
Facebook
ashton
<https://www.facebook.com/groups/Ashton/>

New Lodge Arts Summer Programme

Dear reader, New Lodge Arts provides innovative, fun and educational activities that stretch right across the community in north Belfast. We continue to work with hundreds and hundreds of children and young people each year. Our Summer Programme provides an illustration of the work that we do.

Junior Drama Camps: Girdwood Community Hub 22nd– 26th July 2019

Girdwood Community Hub 6-11yrs in partnership with C21 Theatre Company – Aladdin. Twenty four budding little performers took part in the week long project developing skills in singing, acting and dancing. The project culminated in a final performance to family and friends on the main stage in Girdwood Community Hub. Audiences were entertained by the extremely talented performers who had worked their socks off to pull off an amazing performance – congratulations to all!



High School Musical

North Queen Street Community Centre 29th July –2nd Aug 2019

6-11yrs delivered by Sarah Davies & Annie McCarroll – Robin Hood!

A talented bunch of little actors took to the stage to performer their adaptation of the classic tale – Robin Hood. They sang their little hearts out to the well-known songs such as ‘Robin Hood, Robin Hood riding through the glen’ and showed off their acting and dancing skills to proud families and friends.

High School Musical, T he MAC 31st July & 1st August 2019

For this year’s Summer Arts Academy, we were delighted to stage a production of the hit musical –High School Musical led by Sean Mullan (Artistic Director), Sarah Davies (Musical Director) and Rochelle McParland (Choreographer). 26 young people from across North Belfast participated in the programme. The group spent a fantastic week on residential at Ballyhornan Scout Centre rehearsing tirelessly in preparation for the show. All the hard work paid off and they performed three shows to packed audiences at The MAC, one of Belfast’s leading theatres.

Festival of Fun

The Festival of Fun was the headline event of the New Lodge Festival and brought together a spectacular fun-fest of comedy, music, theatre, circus mayhem, walkabout acts to the streets of the New Lodge. Local families were entertained during an afternoon filled with superheroes, petting farm, bouncy castles, drawing workshops, graffiti art, gaming and much more. Over 1500 people attended the event, receiving very positive feedback from the local community.



Aladdin

ashton
Supporting North Belfast

NEW LODGE ARTS
Arts Academy
Weekly Classes
New Members Welcome

Monday's from 16th September 2019
Tiny's Drama (P1-P3) 3pm-4pm Girdwood Hub £2
Junior Drama (P4-P7) 4pm-5.30pm Girdwood Hub £2
Hip Hop (P5-2nd Yr) 6pm-7pm Girdwood Hub £2
Senior Drama (3rd-6th Year) 7pm-9pm Girdwood Hub £2

Tuesday's from 17th September 2019
Fancy Feet Hip Hop (Nursery-P1) 3.30pm-4.30pm Girdwood Hub £2
Fancy Feet Hip Hop(P2-P4) 4.30pm-5.30pm Girdwood Hub £2
Arty Kids (5-10yrs) 3pm-4.30pm The Recy £2

Wednesday's from 18th September 2019
Arty Kids (P1-P3) 3pm-4pm Culture Shop, Ashton Centre £2
Arty Kids (P4-P7) 4pm-5pm Culture Shop Ashton Centre £2
Youth Theatre (1st-3rd Year) 6pm-7.30pm Girdwood Hub £2
Senior Youth Theatre (4th-6th Year) 7.30pm-9pm Girdwood Hub £2

Thursday's from 19th September 2019
Ballet (Nursery-P2) 3pm-3.50pm The Recy £2
Ballet (P3-P6) 3.50pm-4.50pm The Recy £2
Tiny's Drama (P1-P4) 6pm-7pm Girdwood Hub £2
Junior Drama (P5-2nd Yr) 7pm-8.30pm Girdwood Hub £2

Contact Anne on 028 90742255 for more information.
Register at the start of each class.

the Tudor trust

FUNDING PARTNER: arts council, LOTTERY FUNDED, Belfast City Council, Children in Need

Breakthrough Programme

The Breakthrough Programme consists of three parts, the Schools element working with schools such as Boys & Girls Model, Blessed Trinity College, Mercy College, and Coláiste Feirste for young people aged 14-16, the schools decide on pupil allocation. The Detached and Youth Centre-based Programme for 14-18yrs and the Community element for 16-24 years old.

The main objective of our programme that differs from other projects is that we are aiming to reconnect young people with their communities, we achieve this by being partnered with and based in the local community organisations, schools and youth centres.

The programme is focused on the belief that young people can grow and change and will provide the support they need to do so. Central to this programme is the relationship between the young person and the youth outreach mentor. We work across North Belfast, the Shankill, Newtownabbey and Rathcoole.

Our funding promotes the cross community work that we are doing, reaching out to young people from different backgrounds, we offer an array of activities, group sessions, mentoring and training within our programmes, that help to



develop young people's social, interpersonal and life skills.

We are also able to offer pathways to training, education and employment once your six month programme with us is complete. We hope that our volunteering opportunities will help prepare you for the work place or inspire you to make decisions on how you want to progress.

We offer an incentive payment, childcare if required, lunch and transport, so accessing our service is easy and gives you a little money in your pocket and you can enjoy a meal in good company.



ashton
Kinderkids
Daycare

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

- ✓ High quality childcare for 0-12 years
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The Breakthrough Programme is funded by the European Union's PEACE IV Programme, managed by the Special EU Programmes Body (SEUPB).



Ashton Kinderkids Afterschool Provision

Ashton Kinderkids aims to provide the highest quality experiences for the children who use our service. Ashton Kinderkids is committed to improving outcomes for the children who attend the Afterschool provision and in order to do this we are investing in and developing a Playwork approach to our practice.

Playwork

Playwork is an approach to working with school-aged children that aims to support and facilitate the play process. Playwork allows children to engage in play that is freely chosen and self-directed, it is about removing barriers to play and providing a rich environment where children can adapt and control the play space to meet the aims of their play. Playwork encourages many skills, such as creativity, co-operation, problem-solving. It also allows children to take risks in play that are safe and controlled.

Natural Materials

A fundamental part of Playwork is based on 'loose part' play which is a concept that moves away from traditional shop bought toys and has a focus on all sorts of materials that children can become curious about, such as, natural materials, materials that are recycled or maybe viewed by some as junk. In Playwork all these materials are valued and the children can use them in a way which they think is of benefit or where their imagination takes them. This type of play will foster curiosity and enhance discovery in learning.

Professional Development

Ashton Kinderkids Afterschool is committed to promoting the Playwork principles and staff have begun to undertake study into Playwork and many are working towards a recognised Playwork qualification, which will enhance the provision and play for the Afterschool children but also contribute to the staffs own continued professional development.



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

www.ashtoncentre.com

For more information on Ashton Kinderkids Afterschool please contact;
Fionnuala Black: fionnuala.black@ashtoncentre.com (028) 9521 9830
Christine McKewon: christine.mckeown@ashtoncente.com (028) 9074 2255

Need Basic Computer Skills?

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

This course has been created to help those people who have never used a computer or the internet to understand and enjoy the benefits they offer. It takes you step-by-step through the very basics like using a mouse and a keyboard, through to basic use of Word, Excel, Email and searching the internet. It really is easier than you think... so get ready to take your first click.

Emmanuel Wilkinson ICT Tutor
Tel: (028) 95 218417
Email: emmanuel.wilkinson@ashtoncentre.com



Need basic computer skills?
Take control

Computer classes for beginners

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

For more information contact a LEMIS+ mentor:
Belfast Works
LEMIS@Project

Contact one of our Mentors on 02890742255

Led by Ashton Community Trust in partnership with East Belfast Blackbox, 02895 91, Job Ascent Centre Greater Shankill and Job Ascent Centre West Belfast.

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

European Union
Department for the Economy
Belfast City Council

Exciting Times Ahead for St. Patrick's Primary School



End of an era

Edmund Rice Boys Primary School in Pim Street was established in 1967 to replace the old St Patrick's School that had been situated in Donegall Street since 1866. In 2013 Edmund Rice and Star of the Sea Girls Primary Churchill St. amalgamated to become St. Patrick's Primary. Since then, it has been split across two sites, P1-3 at the former girls' school, and P4-7 at the boys' location. Since the 1960's much has happened. Staff and pupils have come and gone and the local neighbourhood has changed in many ways. A new school will now be built on the Pim Street site. With demolition of the former school building almost complete it is time to say goodbye to the old and prepare to make way for the new. May the brand new school provide a great place for all pupils to learn, thrive and reach their full potential.



Update from St. Patrick's School

From September 2nd 2019, all the pupils in St Patrick's PS are learning together on the Junior Site in Churchill Street. Whilst having 560 children all together poses some challenges, the whole school community are delighted to be all on one site.

Local Residents

We must thank our immediate neighbours for their patience and understanding in helping us with parking near the school with some of the local residents offering staff the parking space outside their home. We thank local residents who have called to the school to share their concerns especially around congestion in Dawson Street during morning drop off and pick up in the afternoons. Our staff are continually striving to address these concerns and are seeking advice from other parties to help to improve this situation.

Community Partners

To ensure that our pupils continue to have access to weekly PE lessons and daily exercise, we are working with New Lodge Youth Centre during the school day to provide a suitable venue for the pupils. As work begins in Pim Street, our pupils will have an active part in watching the progress of demolition and the future new build. Exciting times for St Patrick's PS. We went to St Patrick's Church on Thursday 19th September at 10am for our opening school year Mass. Welcome to all our new Y1 pupils and their families.

Community Meeting

Woodvale Construction is going to hold a community meeting in St. Patrick's PS about the new school build on Monday 23rd October at 6.00 pm.



Uniting Communities

Ashton Led Programme

The Uniting Communities Programme, which uses sport, physical and creative activity to build good relations is now in its second phase for young people aged 11-16 years from Ardoyne and Ballysillan.

Sport & Creativity

Funded by The Department for Communities (DfC) 'Uniting Communities through Sport and Creativity Programme' the programme is one of seven headline actions in the Northern Ireland Executive Together: Building a United Community (T:BUC) strategy.

Partnership

Led by Ashton, the programme is delivered in partnership with Ardoyne Youth Centre, Ardoyne Youth Enterprises, New Lodge Arts, TAMHI and this year we welcome our new partner Benview Community Centre in Ballysillan. The programme also welcomes Chelsea Dunwoody as the coordinator for the Ballysillan area based in Benview Community Centre.



Recruitment for the programme began in April and with the lead into the summer period young people participated in a range of summer scheme activities from Go Karting, Ice skating and Airsoft to Lets Go Hydro.

Team Building

The programme officially launched in August with young people enjoying a range of team building activities, caving and mountain biking hosted by staff at Belfast Activity Centre.

As autumn approaches the young people are now engaging in more focused group work with good relations at the heart of the programme and exploring themes around mental health, culture and inclusiveness, sport and disability and a social action project.

Young Leaders

The Uniting Communities programme also works alongside Dame Kelly Holmes Trust (DKHT) and Peace Players NI who are training up Young Leaders from Ardoyne and Ballysillan to deliver on the 11-16 years programme. Over the past few



months some of the Young Leaders have had the opportunity to participate in events such as the Transformative Power of Sport Conference as part of the Ulster Grand Prix. Two of the Young Leaders were part of a panel answering questions about their experiences on the programme whilst others had the opportunity to volunteer at the Kids Mile running event hosted by DKHT.

Get Involved

The Young Leaders are nearing the end of their first phase of training and are now in the process of preparing to deliver on the 11-16 programme over the next few months.

There are still a few places for 11-16 year olds from Ardoyne and Ballysillan areas on the programme which has something for everyone including residentials, team building days and good relations activities delivered through sports, physical and creative activity. If you, or you know someone who is 11-16 years old, from Ardoyne or Ballysillan and would like to:

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

Please contact: Caroline Delaney- Uniting Communities Programme Manager

Contact: 02890 742255 email: caroline.delaney@ashtoncentre.com



Celebrating Completion Of The Current Phases Of The New Lodge 'Upper Long Streets' Redevelopment

New Homes

Newington Housing is delighted to announce the completion of the current phases of the New Lodge 'Upper Long Streets'; with the final 17 new homes handed over to new tenants in early July 2019.

In total, 88 new homes were completed and handed over to new tenants between June 2018 and July 2019.

Information Days

The Association held several successful Tenant Information Days throughout the process within New Lodge Youth Centre, for all new tenants that were re-housed within Phase 1-5.



These events have been vital in assisting new tenants to quickly settle into their new homes and to help them in availing vital local amenities and services, if they required them. During the events, representatives from Newington Housing, statutory, community and voluntary organisations provided an overview of their organisation and what services and/or support is available from them.

Appreciation

Newington Housing wishes to extend our appreciation to our parent organisation Apex Housing Association, the main contractor for the development Kevin Watson Group, New Lodge Youth Centre, other key stakeholders, the local community and all those who played a pivotal role in ensuring the delivery of these essential new homes for the local area.

Newington Housing Association *Big Enough to Deliver & Small Enough to Care*

Newington Housing Associations' Annual Brian Mullan Community Fund

The Association is delighted to again welcome applications from community or voluntary sector organisations seeking to avail of essential funding to deliver projects and services within North Belfast. Over the past two years, via this Fund, the Association has distributed in excess of £20,000 to 27 local organisations throughout North Belfast.

The health & wellbeing of those residing within the communities we serve is extremely important to us. Our Community Fund initiative has been designed to support organisations and projects that promote inclusion, strengthen communities and improve individual's lives. We therefore are seeking to invest in activities that have a significant and positive social impact for all.

Newington's Brian Mullan Community Fund aims to support voluntary and community organisations that are currently operating within North Belfast, to deliver one of the following fund objectives:

- developing people's social, economic and employability skills
- working to create a better local environment and develop safer communities for all
- working to improve people's physical and mental health and well being

These objectives are focused around local people being active in developing and delivering their own solutions. We believe that organisations that put equality at the heart of project design and implementation are more likely to achieve better outcomes.

HOW TO APPLY: If you are interested in applying for financial support ranging from £250 to £1,000, from our Brian Mullan Community Fund, please contact our Community Engagement Officer, Martin Hamilton on 028 9074 4055 or email m.hamilton@newingtonha.co.uk

Any voluntary and community organisations wishing to apply must:

- be based within North Belfast or
- intend to deliver their proposed project within the North Belfast area.

Applications are available from 9:00am on Monday, 23rd September 2019. All completed application must be submitted to Newington Housing Association by 12:00pm (noon), Friday 18th October 2019.

ashton
Essential Skills

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If you would like to find out more:

- + phone: Hilary on 028 90322289
- + email: hilary.adair@ashtoncentre.com
- + call in person at the McSweeney Centre

www.ashtoncentre.com

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

New Lodge Youth Centre (Project of Ashton) Summer Scheme a Storming Success

This year's New Lodge Youth Centre Summer Scheme was jam packed with positive energy, fun and constructive engagements. The scheme ran for a full seven weeks alongside our Drop In Programme.

Junior Trips and Activities

Juniors enjoyed two weeks of trips and activities day and night. One of the truly 'stand out' trips however was the visit to the Ark Farm where they learned everything about the animals there as well as having a great time at the play park. During this period the group also visited Fun Works, Aurora Swimmers, Airtastic, the Cinema and Cocos Newcastle. They also had a great time at Aunt Sandra's Sweetie Factory.



Intermediate Summer Scheme

During their Summer Scheme, the Intermediate Group had the opportunity to meet with new people whilst at the same time further cementing their relationships with their friends and peers. Trips included Lisburn Swimmers, Lets Go Hydro, Ice-Skating, Airtastic, VR City, Craigavon Water Sports, We are Vertigo, Colin Glen High Ropes and Air Soft. If that wasn't



enough, the group also had time to watch a terrific play performed by New Lodge Arts. This group truly excelled during summer scheme and after all that excitement the majority are now focused on programme work.

Seniors

The Seniors Group went on a number of trips during the Summer Scheme, these included, Lets go Hydro, VIP Cinema, Banana Boating, Lisburn Swimmers, Horse Riding, Football

Golf, Go-Karting and Panto. After all this they were still able to call with the nightly drop in at the centre and chill out.

Outreach

In addition to summer scheme and drop in activities our outreach and late night provision continued, providing a safe space for young people. Our outreach team have been regularly out 2 to 3 times a week providing support for young people on the streets and encouraging them to avail of the great youth development opportunities available in their area.



Residential

As well as everything else, the summer schemes involve in large part, residential work. For example, this year, New Lodge Youth Centre facilitated eight separate residentials ranging from cross community work to international experiences. Outlined below are just some of the opportunities which we feel have had massively positive impacts on the young people of the New Lodge area.

The Junior Seniors Group (aged 12-14 years) went to Ardulian House working along with BAC. There they participated in



workshops and outdoor activities such as team building, rock climbing, canoeing and a night walk.

The Senior Group aged 15+ went to Todds Leap. During an exciting two days the young people participated in various exciting outdoor activities such as zip line, off road driving, blindfold driving, high swing and much more.

Building Walls Breaking Walls International Youth Exchange

The Building Walls Breaking Walls International Youth Exchange took place during the period 15th-23rd July at Cape Clear Island, West Cork and during the 1st-9th Sept at Jura Mountains, Switzerland.

Building Walls Breaking Walls is a youth exchange between young people aged 18-24 from Ireland north and south, Palestine, Switzerland and Israel. Four representatives from each country take part. Over nine days the participants physically break down and build walls. At the same time they experience each-others culture through discussions, outdoor activities and cooking together. The project is all about exploring walls between cultures – and how we can overcome them. It is also about personal development, broadening horizons and challenging negative stereotypes.



CHAMPS Camp

This was a four day programme made up of forty young people from New Lodge, Shankill, Clonard and Tigers Bay areas. The camp kicked off what will be a year-long good relations programme which will see the group travel to Disneyland Paris.

The New Town Project

The New Town Project - August saw the first residential at East Coast Adventure Centre for a group of young men from New Lodge and Monkstown. This group participated in team building, outdoor activities as well as workshops focusing on the positives from each community. It also included good relations sessions and planning for a joint art piece.

Generation Residential

The crew spent a night in the Hutt Newcastle as well as having fun in Tropicana. There were also workshops food and bowling that evening. This has enhanced relationships that hopefully will continue to grow and develop.

Romania Residential

The team joined together for a weekend at Ballintoy where they took part in team building activities, shared stories, affirmations and aspirations. The Romania 2020 journey has begun!

Building on Success

We now aim to build on what has been an extremely successful Summer Programme and will continue to offer our members opportunities to grow and develop. The Youth Centre is now open six nights a week for young people aged 5+. If you want to get involved or require any further information feel free to contact Paul Dynes 02890751358

facebook.com/newlodageyc

The Knotted Gun

Young People from New Lodge Arts and the Breakthrough Programme have recently taken part in the exciting 'Knotted Gun' project that promotes non-violence worldwide. The Foundation is a non-profit organization promoting peace and social change through education, funded by Stenaline. The Knotted Gun is a symbol of peace that was originally designed by Swedish Artist Carl Fredrik Reuterswärd following the murder of John Lennon outside his home in New York, in 1980. There are several Knotted Gun sculptures across the world. During our time on the project the young people took part in some Belfast City tours to get inspiration followed by creative design sessions in Fablab to create their own 'Knotted Guns', then the winning design was chosen by a representative panel. Congratulations to Carla Sloan, who's entry was chosen as the winning design. Carla then worked alongside a commissioned artist to put her design on a 3D version of the Knotted Gun that will be gifted to the owner of Stenaline. The launch night on Friday 13th September at Girdwood was a huge success, attended by a lot of VIP guests including the Stenaline owner, the Lord Mayor of Belfast and community representatives.



Tech Connects @ The FabLab

A selection of work created through Tech Connects at Ashton's Fablab over the summer by children from Vine Centre and Kinderkids Afterschools Summer Programmes was showcased at the University of Ulster Campus on 27th August 2019.

Phil Hesson, Fablab Tutor said "Children from Vine Centre and Kinderkids Afterschools Summer Programmes took part in a five week programme in July and August. They learnt the basics of design, laser and vinyl cutting and created key rings and t-shirts that reflected their interests which they shared with each other. They then explored each other's communities and the city centre capturing photographs of places of interest and importance to them. It was really fantastic to see the young people develop over the course of the 5 weeks! Some of the young people were quite shy when they first arrived at the Fablab but when they realised the potential of the technology in the Fablab they really came out of their shells and had fun designing and creating!"

Ashton is leading on the exciting city wide project that aims to promote positive good relations across all communities through innovative technology based workshops.

The project, delivered at Ashton's Fablab with partners at W5 and Belfast Metropolitan College is funded under the EU's PEACE IV programme, managed by the Special EU Programmes Body and administered through Belfast City Council."

The programme engages young people from 6 – 24 years of age over a four-year period and is divided into three main age groups:

- primary school children aged 6-10 years old,
- young people age 11-16
- young adults age 16-24

Eight new cross-community after-school's clubs have been created that meet on a weekly basis and undertake a range of technology focused workshops. These sessions explore themes of positive good relations while at the same time gaining skills in ICT, Science, Technology, Engineering and Maths.

Katrina Newell, Head of Youth, Arts & Fablab at Ashton explained. "We are always amazed at the creativity of our young people and the scale of their creations would strengthen the case for further interventions of this kind to channel and nurture this level of interest. We feel that outlets such as Fablab go some way towards meeting this need, and act as a vital resource for development and creativity".

The programme has also engaged with dozens of young people from New Lodge Youth Centre, Hammer Youth Club, Ardoyne Youth Club, Clonard Youth Club and Ledley Hall Youth Club. Again the programme has paired these youth clubs on a cross community basis. They met every week at different venues to explore themes of positive good relations with quality youth workers and then met in Fablab to turn these themes into real



life artefacts that reflect their learning journey. Katrina added.

Welcoming the project Gina McIntyre, CEO of the SEUPB said: "Many of our young people have little or no opportunity to meet another young person from a different community. The project will help change this by bringing together many young people, from different backgrounds, through a shared interest and enthusiasm for technology.

To find out more about Tech Connects contact Fablab Belfast @ Ashton Centre on 02890742255, or check us out on Facebook.

Match-funding for the project has been provided by the Executive Office in Northern Ireland and the Department of Rural and Community Development in Ireland.



Lower North Belfast Family Support Hub

It is now over four years since Ashton Community Trust was awarded the lead for the Lower North Belfast Family Support Hub and during this time we have supported over 840 families.

Early Intervention

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

Help At Hand

The Lower North Belfast Family Support Hub can help your family at many difficult times whether it is dealing with the challenging behaviour of children, stress/depression, debt or social isolation.

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



How To Refer

Any adult family member can refer themselves to the Hub simply by completion of a referral form and at all times your details will be kept confidential until you agree that you would like to avail of a particular service whether it is youth support, advice and guidance or services that offer emotional and well-being support.

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

Belfast Works Hospitality Skills Academy

Fast track to employment hospitality skills academy is running for Belfast Works from 14-25th Oct in Ashton and will incorporate the following areas:

- Induction
- Introduction to the hospitality Industry
- Customer Service
- Front office operations
- Barista training
- Personal development
- Food & drink service
- Allergens
- Health & safety
- Manual handling
- Food safety
- Basic ICT
- Employability day
- Employer on site visits

For further information contact one of our mentors on (028) 90742255

Belfast Works Business Administration Skills Academy

Fast track to employment business administration skills academy is running for Belfast Works from 2-13th Dec in Ashton and will incorporate the following areas:

- Induction
- Office administrator skills
- Communication skills
- Health & safety
- Manual handling
- Personal development
- Skills in customer service
- Equality & diversity
- Basic ICT
- Employability day
- Employer on site visits

For further information contact one of our mentors on (028) 90742255

SWEET Programme August 2019

Personal Development

Ashton CORE Project's recent summer 2019 "SWEET (Success With Education, Employment & Training)" saw nineteen young people take part in a four week personal development course, providing realistic experiences that empower individuals to contribute to common goals, improving productivity and motivation, taking young people out of their comfort zone, with the aim being to help the group break down political and personal barriers whilst having fun.

Awareness & Skills

Participants completed team building activities, money management & financial budgeting workshops, learned practical cooking skills, completed mental health awareness training, took part in adventure days whilst gaining accredited qualifications in areas such as Food Hygiene, Equality & Diversity and Team Building Skills.

Qualifications

Throughout the SWEET Programme, our participants gained relevant "job ready" qualifications, gained new skills, took part in new experiences, made memories and forged new friendships.



Joe Baker

The SWEET Programme culminated in a final presentation led by Ashton board member, Joe Baker who gave an inspirational speech documenting his own life and upbringing in North Belfast. Joe presented certificates of achievement to our young people and spoke at great length motivating our participants on his own experience of overcoming adversity leaving Core participants feeling enthused and motivated before enjoying a celebratory meal at Cosmos' Belfast.

Many of the participants have progressed from the SWEET programme into further education and employment as a result of their involvement in the course.



Help into Work or Training for 16-24 year old's

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Guaranteed Interviews
1 to 1 Mentor
Every step of the way
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Gain Qualifications
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Help with your CV, job application & Interview

Living in North Belfast or Newtownabbey

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

For further information, contact 02895 609522 or email: core@ashtoncentre.com
facebook.com/coreproject1/
20 Cliftonville Road, Belfast, BT14 6JX.

www.ashtoncentre.com





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The LEAMS+ 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.



North Belfast Men's Shed



Mens Shed Members Go Hill Walking

North Belfast Men's Shed (NBMS) is funded by the Big Lottery's People and Community Project and aims to help tackle the impact of social isolation among men aged 18+ and has successfully broken down the barriers to men getting involved in community activities and volunteering. The opportunity to share skills, learn new skills, take part in social events and volunteering their time to make a positive contribution to the wider North Belfast Community contributes to the men's sense of achievement, accomplishment, self-esteem and well-being. By becoming a member and subsequently volunteering for NBMS men are making a difference to the lives of themselves, other people and the wider community. The project is open five days per week Monday to Friday on a drop-in basis and provides in-house activities for members such as wood-turning, laser craft, pyrography, arts and crafts, copper work and wood work. If you are interested in getting involved or would like to find out more then please contact Geraldine Nelson or Seaneen O'Reilly on (028) 90322289 or email mensshed@ashtoncentre.com

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

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

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

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

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



Counselling & Life Coaching at Bridge of Hope

Improving levels of positive health and wellbeing is a key goal for Bridge of Hope and we are delighted that more people than ever are benefitting from our services.

Ashton's Bridge of Hope project provides services like massage, counselling and stress management courses that help people work towards better health and feel less stressed.

Counselling and life coaching are two of our most popular services. They have helped thousands of local people make positive changes in their lives. Services are free of charge to clients as they are funded by the Belfast Health and Social Care Trust, Public Health Agency and Victims & Survivors Service (VSS).

What is Life Coaching?

Life Coaching is a fantastic positive service that can help you identify and achieve personal goals and get great results. Your one to one sessions will help you to develop positive patterns in life, focus on your strengths and rediscover purpose in life. Bridge of Hope's qualified Life Coaches use a bespoke process that supports you to stay motivated and committed. Throughout the course of the sessions, the Life Coach will use a wide range of coaching techniques to guide you towards your goals. This service is funded by VSS only. If you would like to try and work towards feeling stronger and more focused

get in touch.

Counselling

Bridge of Hope provides psychological therapies in a comfortable, safe and supportive environment to adults and children from the age of 5. There are times during our lives where we may experience emotional difficulties due to circumstances or events that have occurred recently or in the past. Counselling is an opportunity to work through issues in a non-judgemental way.

If you would like to refer yourself, family member or friend into any Bridge of Hope service give the team a ring at McSweeney Centre clinic on 028 90221022 or Alliance Avenue clinic on 028 95438707. Follow us on Facebook or check out www.thebridgeofhope.org



Essential Skills

CALL/ICT is the Essential Skills project at the Ashton. Courses in English and maths are delivered at all levels, ranging from beginners to GCSE level.

Computers (ICT) are used in classes and it is possible for participants to gain an entry level qualification in ICT alongside English and maths.

Courses run for 12-15 weeks and there is an exam/assessment at the end of each course. All courses lead to a qualification, and participants need to commit to attending class every week and completing independent study tasks in their own time. Nevertheless, classes are informal and friendly. It is possible to progress to higher levels at the Ashton Centre or at the local colleges.

New courses will be starting in September 2019, and anyone interested should contact Ashton Essential Skills on 028 90 322289 for more information.



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

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

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

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

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](#)

BHSCT 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](#)

BHSCT

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 HSCT area visit:

www.drugsandalcoholni.info



drugsand
alcoholni

'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](#)

BHSCT 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 (BDACT 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

