

Greater New Lodge Community Magazine

facebook.com/ashton.centre twitter.com/ashtoncommtrust instagram.com/ashtoncommunitytrust/ [Ashton YouTube Channel](#)

Happy Days Project Graduation

So go forth, Class of 2024 and conquer the world!



At the end of March, we rolled out the red carpet and got the glad rags on to celebrate the “Buddy Brigade” Graduation. The Executive Office (TEO) kindly funded the 12-week Communities in Transition programme. This project allowed the young adults to explore in depth topics such as Gambling Awareness, Mental Health, Healthy Lifestyles, Communication Skills and Community Safety to name just a few. We used this time to be creative with our learning and have fun along the way. We at Happy Days are very proud of how our young adults took

to the programme, persevered and give it their all. All the participants worked hard, showed their determination to work through challenges and supported one another along the way.

It was an exciting and emotional day surrounded by family and friends, as we watched our young adults parade with pride wearing their graduation gowns and mortarboard hats as they collected their certificates from our special guests Belfast’s

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Community Magazine Supported by Belfast City Council, Newington Housing Association and Ashton Community Trust



Belfast
City Council

Newington
Housing Association
(1975) Ltd.

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Kinderkids Daycare



Ashton Kinderkids Daycare based in the heart of North Belfast operating over 2 sites, Cliftonville Road & Henry Place (off Clifton Street)

Kinderkids is a long standing community childcare provider with over 20 years experience serving the North Belfast community and its children.

Providing Early Years & Afterschool options from individual sessions to full week care.

Kinderkids Daycare had developed a child centre philosophy which is central to the care and learning we provide to each child and their family.



To register for a place or for more information please contact;
Charlene Foster – charlene.foster@ashtoncentre.com
Telephone: 028 9521 9830
Fionnuala Black - fionnuala.black@ashtoncentre.com
Telephone: 028 9074 2255



COMMUNITY FRIDGE

Ashton Community Fridge is a 6 week support with food items, offered to residents in the North Belfast area. We currently work with an appointment system. We have a waiting list and the next cohort will start in July. If you or someone you know could do with some short term support please contact reception at Ashton to complete a registration form.



Web: www.ashtoncentre.com
Tel: 02890 742255
Email: ashleen.schenning@ashtoncentre.com

Ashton Community Trust
5 Churchill Street
BT15 2BP

Community Contact Details

174 Trust	9074 7114
Ashton Centre	9074 2255
Bridge of Hope	9074 2255
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
Community Restorative Justice.....	9621 0900
Cumann Cultúrtha Mhic Reachtain.....	90749 688
Friends of St Joseph's Church Sailortown	terryblfst@gmail.com
Glenravel Local History Project	9074 2255
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 - Cliftonville.....	9521 9830
McSweeney Centre.....	9032 2289
Newington Credit Union.....	9035 1773
Newington Housing Association.....	9074 4055
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 Queen St. Community Centre	9032 3945
Smile SureStart	9075 6654
St. Patrick's Primary School.....	9035 1206
Star Neighbourhood Centre.....	9074 0693
TAMHI	9074 7437
Tar Isteach.....	9074 6665/9074 6664



Volunteers Needed

Volunteer Support worker with Happy Days:
We have 4 volunteering opportunities in our Happy Days project, to support staff delivering daily activities to our service users. Volunteers will support staff with the day-to-day activities, both in house and on excursions. You will be part of a team liaising with carers/parents and family members to ensure we deliver the best service for our users.

Other Volunteer Opportunities

- Garden Grid Project
- Women's group
- Older people's group
- Community Fridge
- Pantry




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If you want to be part of the team and have great fun then email ashleen.schenning@ashtoncentre.com or call in at reception.

Happy Days Project Graduation

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Lord Mayor, Ryan Murphy and Sophie Dalzell from TEO.

Happy Days opened its doors in November 2023, a new project for Ashton Community Trust. A day opportunities centre for young adults aged 19 -35 years old with Learning Disabilities and or Autism in North Belfast. We provide a stimulating, safe and fun environment for the young adults to gain independent life skills, socialise with others and enjoy life experiences with one another.

It has been an honour for us all to observe their accomplishments in such a short space of time, this inspires and motivates us to keep pushing, challenging and advocating for our participants as we know they have a bright future ahead filled with endless possibilities and opportunities.

Again, Congratulations, Happy Days graduates. You have truly earned this moment, and we cannot wait to see where your journey takes you next as our aim is to make your time with us, not only Happy Days but to create Happy Years!

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



Day Opportunities for young adults with learning disabilities and/or autism.



JOIN US!

HAPPY DAYS PROJECT

Engage in activities like games, dance, drama, arts and crafts, music, gardening, and trips.
*For ages 19-35.

For more information, contact Susie Vint

- 028 9074 2255 / 07946417238
- happydays@ashtoncentre.com
- Happy Days Project
- McSweeney Centre, Henry Place, Belfast BT15 2AY

www.ashtoncentre.com



SUMMER SCHEME

Fun & creative activities for young adults with mixed abilities at our 2 week summer scheme. Beginning Monday 29th July - Friday 9th August



For ages 19-35 yrs

Register your interest!

For more information, contact Susie Vint

- 028 9074 2255 / 07946417238
- happydays@ashtoncentre.com
- Happy Days Project
- McSweeney Centre, Henry Place, Belfast BT15 2AY

Activities

- Storytelling
- Outbound games
- Drawing & painting
- Swimming
- Nature field trip

www.ashtoncentre.com



Lower North Belfast Family Support Hub

It has now almost 9 years since Ashton Community Trust was awarded the lead for the Lower North Belfast Family Support Hub. Since August 2015, Ashton Community Trust has been co-ordinating and receiving referrals and working to connect families to the services they need at a time when they need them throughout North Belfast.

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.



The Family Support Hub can work with your family to deal with challenging behaviour of your child or young person by providing one-one family support in the home setting and can also work with your son or daughter to help manage their emotions and provide strategies to deal with low level anxiety. As well as services available to provide young people with mentoring support especially if they are socially isolated or dealing with bullying or anxiety There are also services available through the Hub to support families in financial stress, including debt management and budgeting.

Any adult family member can refer themselves and their family to the Hub simply by completion of a referral form. The Co-ordinator of the Hub will then contact you in order to help match appropriate services to your family's needs. And your information will only be shared with the organisations who you feel will be of help to your family.

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

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

Do you need benefits advice?

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Ashton is delighted to have an Advice Service available at the Ashton Centre every Wednesday.

If you would like an appointment for advice or support with completing forms.

Contact: Christine McKeown or Fionnuala Black for an appointment.

christine@ashtoncentre.com
fionnuala@ashtoncentre.com
or telephone: 02890742255



Volunteers Needed

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Volunteers needed to help with Ashtons Garden Grid. The garden area on Henry street is a fantastic outdoor space, we are looking forward to welcoming volunteers to help us bring this space back to life. This space can be such an asset to our community and we would love to see it in all its splendour.



Other Volunteer Opportunities

- Garden Grid Project
- Happy Days
- Women's group
- Older people's group
- Community Fridge
- Pantry

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5 Churchill Street
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Web: www.ashtoncentre.com
Tel: 02890 742255

If you would be interested in helping Ashton with any volunteer opportunities, please email ashleen.schenning@ashtoncentre.com or drop in to reception.

Early Intervention Family Support Programme

The Early Intervention Family support team, provide early intervention family support to families residing in North Belfast, access to the programme is via a Family support Hub referral. The programme includes an individual plan for each family, goal setting and working through a bespoke service for each family over approximately 10 weeks.

To be referred please contact the Lower or Upper North Belfast Family Support Hubs

Lower North Belfast Family support Hub: 028 9074 9986

Upper North Belfast Family support Hub: 028 9035 1020



Community Fridge at Ashton Centre

The Community Fridge at Ashton is open Tuesday to Thursday mornings. The purpose of the Community Fridge is to prevent food, that is still fresh and usable from going to landfill so it can be repurposed into meals.

The Community Fridge is by appointment only and to register for a place please contact Ashton Centre on 028 9074 2255



The Pantry Programme

The Pantry is based on a social supermarket model and aims to provide support for individuals from North Belfast families experiencing food insecurity as well as other issues stemming from the cost of living crisis.

The Pantry programme allows families to come for a weekly shop for only £5 and offers a wraparound service to the families engaged within the service, ensuring they are in receipt of the correct benefits, can access a debt advisor, get housing supports, health & well-being service, as well as, employment and training supports. The Pantry is also a gateway for families and individuals to become actively involved within Ashton's other services or volunteering.

If you are a Housing Executive tenant, please contact your Patch Manager or contact Ashton Centre directly to speak to Fionnuala Black.



Benefits Appointments

Ashton in partnership with North Belfast Advice Partnership hold weekly benefits checks at Ashton Centre. To make an appointment please contact Ashton Centre to speak to Fionnuala Black on 028 9074 2255.

The Summerhill Foundations Workshops

Ashton in partnership with Parenting Focus & the Summerhill Foundation will run a series of Parenting workshops focusing on the Cost of living and parenting supports. Places are limited, please contact Fionnuala Black at Ashton Centre to secure a place.

The role of parents is crucial in the happiness and early years development of children.

With increasing pressures on families due to the rising cost of living the Summerhill Foundation have collaborated with Parenting NI to provide practical support to parents in the form of a 4 week programme.

This programme will allow parents to meet and discuss family life in a safe environment. Picking up tips on how to become more confident in handling the daily pressures parents face. By offering this programme it is our hope that families will benefit from a happier home life and children will feel more secure as they are given the support and love to enable them to reach their full potential in life.

Week 1 - Nutrition and Healthy Eating

This initial session's focus explores the reality of the cost of living crisis on families. Parents will be given a safe place to discuss the challenges of providing nutritious family meals and managing on a tight income. Tips on budgeting, grocery shopping, meal planning and more affordable ways of cooking will be given to help parents plan and make the most of limited budgets. Parents will be made aware of help and support available.

Week 2 - Taking care of the Pennies

The session will also focus on how parents can maximise their finances, explore the difference between needs and wants and discuss how they can help their child develop financial literacy to support them throughout their life. Parents will begin the process of devising and working to a budget to reduce worry and anxiety and have a greater understanding of the family finances.

Week 3 - Making ends meet

The reality of the cost of living crisis and the impact on families is the focus of this session. The challenges of saving for an unexpected event, budgeting and prioritising household bills and debt will be discussed. Parents will be given information on minimising outgoings and on helpful services such as school uniform swaps, childcare costs, financial support and food banks.

Week 4 - Wellbeing

In this concluding session parents will be encouraged to recognise their positive qualities and important role as a parent and a positive role model for their child. The session will explore how parents can build and maintain both their physical and mental health and explore how costs can be kept down to allow family fun activities and outings. Parents will be more aware of free or affordable classes and projects within their community which can support their emotional and physical wellbeing and how they can practice relaxation techniques in the home.

Parents will be presented with a certificate and gift card for completion of the full 4 weeks in recognition of their commitment to the programme and their role as a parent.

Summerhill Programme
4 week programme for parents

Week 1 Nutrition and Healthy Eating
Week 2 Taking care of the Pennies
Week 3 Making ends Meet
Week 4 Wellbeing

Meet and discuss family life in a safe environment

Pick up tips on how to become more confident in handling the daily pressures parents face

£20 gift voucher on completion

Date: Fridays
May 2024 31st
June 2024 7th 14th 21st
Venue: Ashton Community Centre
Time: 10am -12noon

It is our hope that this programme will allow families a happier home life and children will feel more secure as they are given the support and love to enable them to reach their full potential in life.

To register please contact Fionnuala Black
Email: fionnuala.black@ashtoncentre.com

Community Training and Courses Update

Over the past few months, our community has been actively engaged in various training and courses, aimed at enhancing skills and fostering community involvement. Here's a brief overview of our recent endeavours and upcoming initiatives:

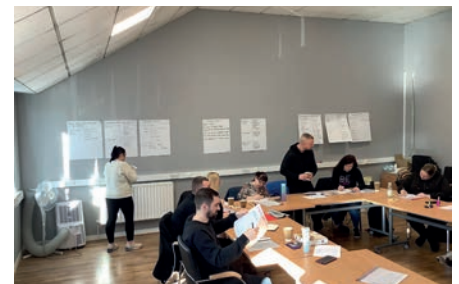
- Security Industry Authority (SIA)
- Car Valeting and Dog Training Courses
- Spring Festival Flower Planting Initiatives

Upcoming Courses: Looking ahead, we have an exciting line-up of courses to cater to various interests and career aspirations within our community:

- Driver Theory Training
- Volunteering Events
- Forklift Training



For more information and registration details, please visit www.belfastworkconnect.com or contact us on 02890 742255.



Follow Ashton On Facebook

Are you aware Ashton is on Facebook? You can follow us to find out what's happening. Additionally, we have established a Facebook Group where we regularly share information about our services. We invite you to follow us or join our Facebook Group to stay informed. Thank you.

facebook.com/ashtoncommunitytrust
facebook.com/groups/Ashton

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Training & Employment

Belfast Works⁺

CONNECT

SUPPORT | TRAINING | EMPLOYMENT

Connecting People, Changing Lives

Ashton Community Trust's brand new project has been given £££'s by the UK Shared Prosperity Fund to help people within our communities



Support - Training - Wellbeing

If you are aged 16-67, not in employment and fit into any of the categories below:

- Looking after a family member/children or home
- A registered carer for a family member
- Too ill to work
- Early retired
- Student and not working
- Not working but might want to work in the future

We can offer free support and training in a range of areas:

- Personal development
- Physical health
- Mental health
- Money management/budgeting
- Health & Nutrition
- Education Support/Essential Skills
- Helping with homework
- Personal wellbeing
- Driver Theory test & training
- Forklift training
- CSR card training
- Horticulture training
- Computer training
- Overcoming personal barriers
- Employability skills
- And much more



www.belfastworksconnect.com

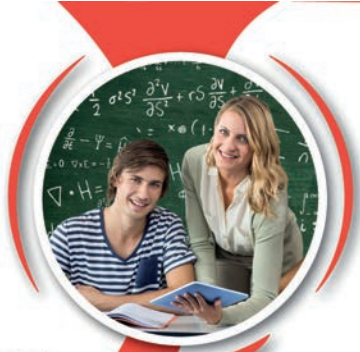
With personalised training and incentives to help you learn and develop, *what's stopping you?*

ashton Training & Employment

Calling all Residents!

Do you have the Essential Skills for everyday life and work?

English + Maths + ICT = Essential Skills



Start your
Essential Skills
journey!

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

Courses cover:

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



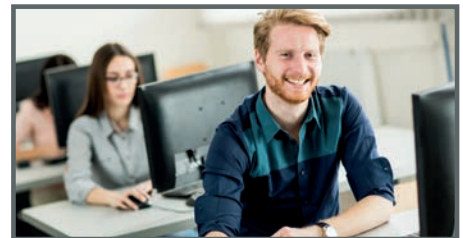
Courses are **LOCAL + FREE** + lead to a recognised **QUALIFICATION**

If you would like to find out more phone 02890742255,
email Angela McAteer at: angela.mcateer@ashtoncentre.com or
message us on 07564711355

www.ashtoncentre.com



Participation in any of our courses is completely free and will not impact on your Benefits



www.belfastworksconnect.com



Belfast Works⁺ CONNECT

SUPPORT | TRAINING | EMPLOYMENT

How We Help

- Person-Centred 1-2-1 Support
- Better Off Calculations, Specialist Benefits & Welfare Advice
- Training, Skills & Qualifications
- Volunteering, Job Tasters & Employment
- Financial Support (Clothes, Childcare, Travel)

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For further information contact:

☎ 028 9074 2255

✉ belfastworks@ashtoncentre.com

📍 [@BelfastWorksConnectAshtonCommunityTrust](https://www.facebook.com/BelfastWorksConnectAshtonCommunityTrust)

Connecting People, Changing Lives



The Belfast Works Connect project is funded through the Department for Levelling Up, Housing and Communities
Funded By UK Government



North Belfast Women's Emotional Support

Ashton Community Trust would like to congratulate our women's project which consisted of 18 local women who engaged in a 7 month programme focusing on empowering women within our community, encourage women to become leaders and decision makers and increase social connections.

The programme was filled with many new and interesting subjects which challenged the women in areas of health & wellbeing, leadership, building their confidence, financial wellbeing, family matters and much more. This vast range of subjects that helps us discover who we are and where we want to get to but all while it can be daunting this programme proves that with determination, courage and support, anything is possible.

For these women the completion of this programme is not an end to their journey but the beginning of a new chapter, filled with many possibilities and lots of potential.

Let's not forget the facilitators and mentors who supported the women offering guidance, shared life experiences and encouragement, this was instrumental to their success.

Ashton and the participants would also like to thank the National Lottery Awards for All fund who supported this project, it has been greatly appreciated.





School Uniform Appeal

Ashton Needs Your Help!

Any Uniforms: Blazers, Coats, Polos, Jumpers, Skirts, Trousers, PE Kits that you no longer need and that are in good condition.

Ashton would welcome any donations of school uniforms that are still in good condition for another child to wear. Any donations should be clean and laundered.



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

Uniform Drop Off Point: Ashton Centre

For more information contact:

(028) 90 742 255

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

www.ashtoncentre.com



ASHTON COMMUNITY TRUST WOMEN'S GROUP

Open to New Members in
September 2024!

Ashtons Women's group meet on Thursday morning from 10-12 and will be open to new members in September.

Activities vary depending on the needs of the group. We have both developmental programmes and health and well being activities.



Ashton community Trust
5 Churchill Street
BT15 2BP

Web: www.ashtoncentre.com
Tel: 02890 742255

If interested in joining please email;
ashleen.schenning@ashtoncentre.com

Workshops



Art's & Crafts



Training Opportunities



Happy Days Creating Happy Nights!



We braced the cobbled streets and ventured out on a school night to the Black Moon monthly disco, based at The Black Box in Belfast's City Centre. The fantastic all-inclusive disco is designed for young adults with learning disabilities. The staff and even the DJ are inspiring young adults who face daily challenges with their disability. We got a warm welcome from the door staff as we entered the dark club with colourful lights; we noticed that the music played at a lower volume to support those with sensory or hearing issues. This was great, as we did not have to shout over each other and lose our voices! However, we did that from all the singing!



Some of our Happy Days crew are regulars at the disco but some stepped out of their comfort zone as this was their first time hitting the town. We were delighted to attend as a group and support one another as we danced the night away. Happy Days made an impression for sure, as we did not leave the dance floor all night. It was wonderful to see all our young adults letting their hair down, singing and dancing together and having the best night out! Many of our crew, since starting Happy Days six months ago have developed their social skills and grown in confidence and boy could you see it! We are very proud of this huge milestone!



We are delighted that our young adults are given these opportunities and we look forward to the next one. Perhaps we will leave before the lights turn up and the mops buckets are out but maybe that is what happens when we are let loose to paint the town red!

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



Celebrating 21 years of New Lodge Arts



In the heart of North Belfast, a vibrant community arts organisations is celebrating its 21st year. New Lodge Arts, with its commitment to bringing arts, creativity, and culture to the local area, has been an inspiration for the community. As it reflects on 21 years, it's a moment not only to celebrate achievements but also to reflect on the profound impact it has had on the community it serves.



From its humble beginnings, it has blossomed into a cornerstone of the local community, touching the lives of countless people along the way. Through an extensive array of workshops, events, and initiatives, the organisation has

consistently delivered approximately 1000 workshops each year. These workshops, spanning various artistic disciplines including visual arts, music, dance, and theatre, serve as platforms for personal growth, skill development, and self-expression. With over 2000 individuals engaging in its activities annually, the organisation has created a space where people from all backgrounds can come together, share experiences, and foster a sense of belonging.

However, the impact of New Lodge Arts extends beyond the

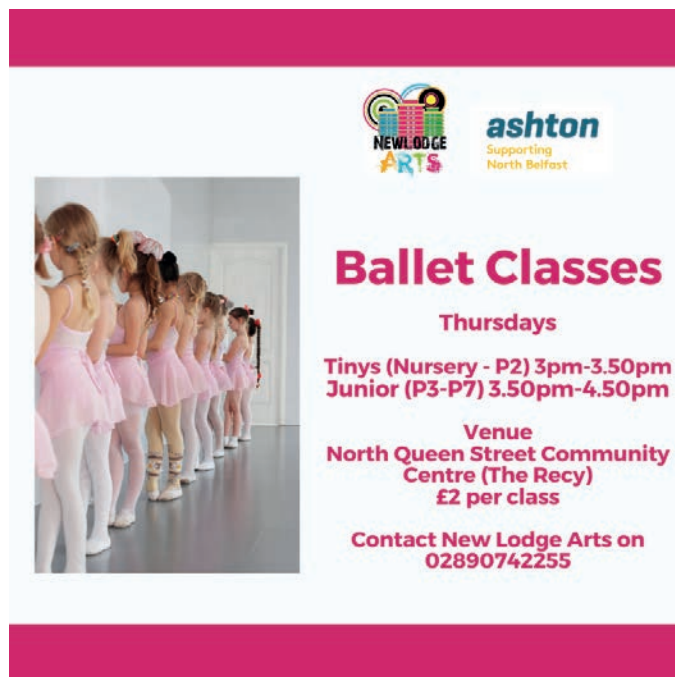


Celebrating 21 years of New Lodge Arts


confines of its workshops and events. Through its performances, exhibitions, and community projects, the organisation has reached an audience of approximately 10,000 individuals each year. These initiatives not only showcase the talent and creativity of local artists but also serve as catalysts for dialogue, understanding, and social cohesion within the community.

Reflecting on the past 21 years, New Lodge Arts has amassed many highlights and achievements. From the joyous moments of witnessing participants unlock their creative potential to the profound impact of community-wide collaborations, the journey has been nothing short of remarkable.

In celebrating 21 years of New Lodge Arts, we not only honour the achievements of the past but also look forward with anticipation to the countless possibilities that lie ahead. With art as its medium and community as its canvas, New Lodge Arts will continue to inspire, empower, and enrich the lives of all those it touches, ensuring that the spirit of creativity and cultural vibrancy remains alive and thriving in North Belfast for generations to come.



NEW LODGE ARTS **ashton**
Supporting North Belfast



Ballet Classes

Thursdays

Tinys (Nursery - P2) 3pm-3.50pm
Junior (P3-P7) 3.50pm-4.50pm

Venue
North Queen Street Community Centre (The Recy)
£2 per class

Contact New Lodge Arts on 02890742255

For more information, get in touch with New Lodge Arts on 02890742255 or via:

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

 <https://twitter.com/NewLodgeArts>

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

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



NEW LODGE ARTS **ashton**
Supporting North Belfast



Drawing Classes for Adults

Tuesdays 11am-1pm

Venue
The Studio @ New Lodge Arts Ashton Centre

£2 per class

Contact New Lodge Arts on 02890742255



NEW LODGE ARTS **ashton**
Supporting North Belfast



Arty Kids

Wednesdays

Tinys (P1-P3) 3pm-4pm
Junior (P4-P7) 4pm-5pm

Venue
The Studio @ New Lodge Arts Ashton Centre

£2 per class

Contact New Lodge Arts on 02890742255

Ashton, Health & Wellbeing

ashton Bridge of Hope

Ashton, Bridge of Hope recently hosted several decoupage workshops, focusing on the creative decoration of birdboxes. Participants of all skill levels were invited to explore this popular upcycling technique

With the help of an experienced facilitator, participants used colourful paper cut-outs to decorate pre-assembled wooden birdboxes in a warm, relaxed and enjoyable environment where participants exchanged tips and stories, building not only beautiful bird boxes but also forming new friendships.

These programmes were funded by the Victims & Survivors Service.

For future creative community events like this, keep an eye on Bridge of Hope's social media or contact mary@ashtoncentre.com



Bridges Sewing Group
Ashton Centre Tel: (028) 9074 2255

**Open:
Mon to Thur
1pm - 3pm**

**ALTERATIONS, CURTAIN MAKING AND
ALL YOUR SEWING NEEDS**

**BRIDGES SEWING GROUP
ASHTON CENTRE
TEL: (028) 9074 2255**

Have you been impacted by The Troubles?

- Have you been **physically or psychologically injured** as a result of or in consequence of a conflict related incident?
- Were you **bereaved** as a result of or in consequence of a conflict related incident?
- Do you **regularly care** for someone who has been injured as a result of a conflict related incident?
- Did you **witness** a conflict related incident or the consequences of such an incident?
- Did you provide **medical or other emergency assistance** to an individual in connection with a conflict related incident?

You are entitled to
Health & Wellbeing Support
and you may be entitled to
The Troubles Permanent Disablement Pension

Contact

For Health & Wellbeing
Caseworker support:

Aoife - 07787344409
Tony - 07553100509

For The Troubles Permanent
Disablement Pension:

Ciaran - 07826689272
Lynn - 07456532684
Ronan - 07769374807

ashton
Bridge of Hope

VSS
Victims & Survivors Service

North Belfast Communities in Transition (CIT) Health and Wellbeing Programme

Phase 3 of the CIT programme was supported by an extension of funding from the Northern Ireland Executive Office, spanning 8 months (July 2023 to March 2024). This phase of the programme was designed and organised across 3 distinct elements of work:

- Activity to Address Local Need
- Area-based Health & Wellbeing Intervention
- Health and Wellbeing Training Initiatives

The delivery model was designed and delivered from individuals working in community-based organisations or existing projects located across both New Lodge and Ardoyne including, Ardoyne Association, New Lodge Youth Centre, Ardoyne Youth Club, Lower North Belfast Family Support Hub, Women's Aid, North Belfast Healthy Living Centre and Grace's Family Centre. The use of a broad cross-section of local partners supported a programme of activities that were relevant and connected with the needs, interests and capabilities of recruited participants, especially targeted groups such as vulnerable women or young people with learning disabilities.

Over the 8 months there was 13 programmes and activities with over 691 people in attendance and 128 sessions delivered. The programmes ranged from Level 3 Certificate in Swedish Massage, Children's First Aid to Parents and Youth Practitioners Trauma Training. The activity to address local needs included but limited to North Belfast Women's Emotional Wellbeing Project, Distress and Unwind, Parents and Children's Family Support Project, Spinning Yarns, Reducing the Added Stress of Christmas, Hello Neighbourhood and Buddy Brigade.



Based on the feed back from evaluations, the participants showed they thoroughly enjoyed the content of the program and found the varied elements offered to be informative, interesting and relevant whilst also providing practical tools and knowledge to improve their individual or families health and wellbeing.

The programme has again been extended until December 2024, Ashton Community Trust and its associated partners will continue to take a community-based approach in the delivery of the CIT Health and Wellbeing Programme.

For further information on this programme contact kathleen.oneill@ashtoncentre.com

ashton
Bridge of Hope

Building a healthy resilient you

- ✓ Counselling
- ✓ Complementary Therapies
- ✓ Personal Development
- ✓ Health & Wellbeing Casework Support
- ✓ Life Coaching
- ✓ Pension Welfare Support for Troubles Permanent Disablement Payment

Get in touch: (028) 90 221 022

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

www.ashtoncentre.com

<https://bridgeofhope.support/>

The Agency Belfast

Back in September, 18 local young people has the opportunity to participate in an award-winning creative entrepreneurship programme providing an opportunity to effect lasting change in their community.

The Agency programme was originally conceived by theatre maker, journalist and activist Marcus Faustini in the favelas of Rio de Janeiro. New Lodge Arts is working in partnership with Battersea Art Centre, London, Contact Theatre, Manchester, Storyhouse, Chester and Energize Me, Southampton. The programme aims to empower young people aged 15-25 to become creative leaders and catalysts for change in their communities.

Over the first 12 weeks, the young people developed projects and business ideas through a creative, theatre-based methodology. All projects must include a social action component that gives back to the community. The panel was greatly impressed by the project ideas and their presentations.



The three projects selected for funding were Abi Flannagan's 'From Seed 2 Plate' (supported by Aoife Teer and produced by TP Ward); Sophie Rossbotham's 'Rise Above the Ashes' (supported by Grace Rogan and produced by Matt Faris); and a joint project by Maggie and Natalia called 'New Heights' (produced by Amy Smyth).

The young participants successfully executed their projects, engaging young people from communities across north Belfast. The funded projects offered a variety of activities, including hiking, gardening, journalling, and drama workshops.

Orla Hawkins, Project Coordinator of The Agency Belfast, said: "New Lodge Arts is delighted and proud to deliver The Agency Programme in Belfast.

"The programme aligns perfectly with our belief that young people should be at the heart of social change, mobilized around the social issues they care about.

"As a community-based organisation operating in North Belfast, we are excited to see the creative and innovative projects our young people will develop and the positive impacts these projects will have on their areas.

"Being part of a national network like The Agency amplifies the voices and ideas of young people, creating a collective force for systematic change.

"We are currently recruiting for next year, starting in September 2024. Please contact New Lodge Arts for more information.

The Agency stands as a shining example of how the programme ignites the passion for entrepreneurship and social change among young people. With its track record of success and its ongoing impact on the community, The Agency is a testament to the power of youth-driven initiatives in driving positive change.

ashton

Supporting
North Belfast



NEW LODGE ARTS LITTLE LIBRARY

Lots of books available in our Little Library.

Take a book, leave a book, borrow a book?

Available to everyone.

Pop into our Studio at New Lodge Arts.



Translink and North Belfast community groups pack a punch at the new York Street Train Station

Following the official operational opening of the new Translink York Street Station earlier this week (29 April) it was the turn of local boxing clubs and charities to bring a touch of community spirit to North Belfast's modern transport hub.

Themed 'We're in this together' the evening event, held 1 May, played host to two Amateur Boxing Clubs; Midland Amateur Boxing Club based at Tiger's Bay, and long-established Dockers Amateur Boxing Club based at Sailortown. PIPS Suicide Prevention Ireland and Ashton Community Trust also attended to highlight the great work they do in the area with women and children and young people. In North Belfast, the connection between Translink and the York Street Station project extends beyond transportation infrastructure to encompass broader community engagement initiatives.



Members of Ashton's Womens Group and New Lodge Youth club joined PIPS, Midland and Dockers ABC at the Translink York Street Station. These groups brought a touch of community spirit to North Belfast's modern transport hub.

www.ashtoncentre.com

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Remembering Alex Duffy – NLYC Hero

All at New Lodge Youth Centre would like to continue to remember and tell stories of our beloved volunteer and hero Alex Duffy who sadly passed away on January 14th 2024. Alex was a massive part of New Lodge Youth Centre and supported not only 100's of young people but the staff team, parents and all of those he engaged with during his time here. Alex was a larger than life character who inspired us all to be better every day. We cannot put into words how much Alex is missed by all who are part of the centre but we will continue to remember him, ensuring his legacy will continue forever. We would also like to thank Linda and Patrick Duffy who have been huge supporters and continue to be so of the centre. Like Alex, both of his parents inspire us all with their passion to help others.



TRAUMA AWARENESS TRAINING

Youth Workers from across North Belfast participated in a training programme focusing on developing their awareness of working with young people who are presenting or who have experienced trauma.

The youth workers took part in two residentials which entailed a range of methodologies to support their practice such as breathing techniques, art therapy, visual pieces and exploring various aspects of trauma.

All youth workers voiced the need to more practitioners to participate in trauma awareness training due to the needs presented currently by young people they are working with in North Belfast.

Overall, with the development of understanding amongst the group, the chance to bring youth workers together from different organisations and the interest from other youth workers to participate, the project as a pilot was extremely successful. We plan on running the course again and next time we look to include elements of work with young people and parents. This programme was funded by TEO Communities In Transition Fund.





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

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

Newington Housing Association

Website:

<http://newingtonha.co.uk/>

Facebook & Twitter:

@NewingtonHA

300 Limestone Road,

Belfast , BT15 3AR

Phone: 02890 744 055

Email: admin@newingtonha.co.uk

Alcoholics Anonymous Antrim Road Group, Belfast

Address: Ashton Centre, 5 Churchill Street,
Antrim Road, Belfast, BT15 2BP



Meetings and times:

Sunday: 12:30	Closed Meetings
Sunday Night: 8:30	Closed Meetings
Monday: 8:30	Closed Meetings
Tuesday: 8.30	Open Meetings
Wednesday: 8.30	Closed Meetings
Thursday: 8.30	Closed Meetings
Friday: 8.30	Step Meetings
Saturday: 8.30	Discussion Meetings

Zoom Meetings: Tuesday and Saturday 8:30pm



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)

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

DRUG AND ALCOHOL SUPPORT SERVICES

BELFAST HEALTH AND SOCIAL CARE TRUST AREA

Date of publication: 2022

Disclaimer: Whilst every effort has been made to ensure the accuracy of the information provided in this directory at time of print, we do not accept any responsibility or liability for any errors. It is recommended that you always check directly with providers that their service or organisation meets your requirements. Where any specific organisation or service is mentioned by name or otherwise this does not necessarily constitute or imply any endorsement or recommendation by NIDACTs or PHA of that organisation or service.

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](#)

Inspire Wellbeing Addiction Services

☎ Tel: 028 9066 4434

Dunlewey 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 9504 2900

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



"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 9032 5786

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

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 to Cope/ Hidden Harm

For young people aged 11-25 who have been impacted by parental substance use and mental health problems.

[Open Access/Self Referrals Accepted](#)

ASCERT

☎ Tel: 0800 2545123

☎ www.stepstocope.co.uk

✉ stc@ascert.biz

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

☎ www.start360.org

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 9504 0365

Specific Groups

Needle and Syringe Exchange Sites

Maguire Pharmacy

📍 3 Beechmount Avenue

☎ Tel: 028 9032 0590

Chemist Connect

📍 59 High Street

☎ Tel: 028 9023 1002

Street Injecting Support Service (SISS) (inc. needle exchange)

📍 Extern

☎ Tel: 080 0085 8426

Removal of Drug Related Litter (Needle Finds)

📍 Belfast City Council

☎ Tel: 028 9027 0469

BHSCT Drug Outreach Team (inc. needle exchange)

☎ Tel: 028 9504 1433

Group Support

Call or go online to find a meeting near you:

Alcoholics Anonymous

12 Step Programme/Group Meetings

☎ Tel: 028 9035 1222

☎ 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: 0300 365 1010

☎ www.na-northernireland.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

In Crisis? Call **Lifeline**

FREE 24/7 HELPLINE
0808 808 8000