

# Greater New Lodge CEP Magazine

Greater New Lodge  
Community Empowerment Partnership

# CEP

Make A Difference. Get Involved

Issue 27

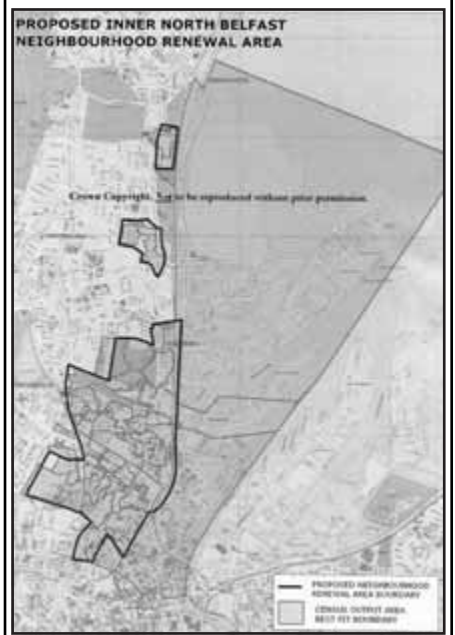
August 2006

Ashton Centre, 5 Churchill Street, Belfast BT15 2BP Tel: (028) 9074 2255 email: [info@newlodgecep.com](mailto:info@newlodgecep.com)

## Improve Your Skills This September Education & Training



Neighbourhood Renewal Survey  
See Page 3



**EDUCATION &  
TRAINING  
INFORMATION DAY**

At the Ashton Centre  
Thursday 14<sup>th</sup> September 2006  
From 10.00am to 2.30pm

Beach in the New Lodge  
See Page 7



Sweet FM, North Belfast Community Radio Station  
1st September 2006 until 28<sup>th</sup> September.  
107.7FM

Community Empowerment Partnership

## Community Contact Num-

174 Trust - 9074 7114

Artillery Youth Centre - 9035 1332

Ashton Centre - 9074 2255

Belfast Safaris - 9022 2925

Bridges Sewing Group - 9074 2255

Bunscoil Mhic Reachtain - 9032 2409

Camberwell Fold - 9096 0552

Cancer Lifeline 9035 1999

CEP Office 9074 2255 / 9020 0900

Carlisle Day Centre - 9023 1227

Community Interface - 9059 0552

Computer Connections - 9032 4633

Corner House Family Centre - 9074 0380

Cumann Cultúrtha Mhic Reachtain - 90749 688

Droichead an Dóchais - 9022 1022

Edmund Rice Primary School - 9035 1206

Employment Outreach - 9020 2440

Glenravel Local History Project - 9020 2100

Greater New Lodge Youth Forum - 9035 1332

Holy Family Primary School - 9035 1023

Holy Family Youth Centre - 9087 5150

Indian Community Centre - 9024 9746

Kinder Kids Day Care - 9074 2255

Newington Residents Association - 9074 0919

New Lodge Arts - 9074 2255

New Lodge Duncairn Community Health Partnership -  
90745588

New Lodge Festival - 9074 2255

New Lodge Youth Centre - 9075 1385

New Lodge Area Project - 9075 2069

New Lodge Housing Forum - 9074 2399

North Belfast Family Centre - 9024 7580

North Queen St. Community Centre - 9032 3945

Parkside Community Association - 9080 6303

PIPS Project - 9075 5070

Radical - 9035 1003

Smile SureStart - 9075 6654

Star Of The Sea Primary School - 9035 1478

Star Neighbourhood Centre - 9074 0693

Tar Isteach - 9074 6664/5

Tar Isteach Training - 9020 2420

## Greater New Lodge Community Magazine

Do you have anything you would like to see in the CEP magazine? Have you an event coming up, e.g. award ceremony, training etc. or even the day to day work of your group? Remember the CEP magazine is here for every group in the Greater New Lodge area to promote their activities, events and projects. We are constantly looking for articles for the magazine every month.

You can also arrange for us to attend the event and take some photos. If you require further information, don't hesitate to contact our Communications Worker Leo Morgan on 90742255 or via email at [leo@newlodgecep.org](mailto:leo@newlodgecep.org)



## Are you Recy-

Do you need another black box because of the amount of materials your recycling. You can ring and request additional boxes from Bryson House on 0800 1691 287



## Keep Our Area Clean

### FREE BULKY ITEM COLLECTION

Are There Old Mattresses, Fridges etc. Lying About The Area? Do You Need Something Removed From Your House?

Get It Lifted & Shifted.

Phone 90 270 230

Free Service From The City Council

## Corner House Women's Group

Tuesday Buffet Lunch

£3.00

Thursday Fry

£2.00

Friday Toasties

£1.00

Why don't you call in and try our grub, we also provide a take away service.

## Women's Drumming Group

Monday Evenings 7.00pm

At The HopeLink Centre

Carlisle Circus

Contact Colette for details on 90740380

## Greater New Lodge Community

Empowerment Partnership

90 742 255

90 200 900

[info@newlodgecep.org](mailto:info@newlodgecep.org)

# Neighbourhood Renewal –Your chance to get in-

Parts of North Belfast have been included in a Government programme called 'Neighbourhood Renewal'. Community Empowerment Partnerships (CEPs), local community groups and statutory organisations, like the North & West Health and Social Services Trust and the Housing Executive, are working together as a Neighbourhood Renewal Partnership to develop a plan for your area.

Work has already been done to identify issues that need to be tackled. We also need to know what matters to you so that the plan that is being developed reflects local priorities. Please let us know what matters most, by ranking the themes in the table below. Put a '1' for the most important thing, '2' for the next most important and so on. Please complete the short survey and return it to any local youth or community centre in the area. Thank you.

Neighbourhood Renewal is supported by:



**Please keep me informed:**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Telephone / email: \_\_\_\_\_

**For more information, please contact:**

Leo Morgan or Paul O'Neill  
 Greater New Lodge CEP  
 Ashton Centre  
 5 Churchill Street,  
 Belfast BT15 2BP  
 Tel: 90 200 900  
 Email: leo@newlodgecep.org / paulo@newlodgecep.org



**MVCF**  
 Mount Vernon  
 Community Forum

Lower North Belfast  
 Community Council

*I think the following themes are a priority:*

| THEME  | RANK |
|--|------|
| Providing support for better education and skills                                      |      |
| Creating opportunities for employment and increasing economic activity                 |      |
| Housing provision and physical/ environmental improvement                              |      |
| Building strong and safe communities   |      |
| Providing support for people's health and well-being                                   |      |
| Supporting the development of places and services that are accessible to everyone      |      |
| Providing opportunities for young people to develop and get involved in community life |      |
| Other:   |      |

# New Courses Autumn 2006

The following courses in the Ashton Centre this Autumn:

- Beginners Computer Classes
- CLAIT
- ECDL
- Advanced ECDL
- Introduction to Counselling
- GCSE Math's
- GCSE English
- Sage Accounts & Payroll
- Care in the Community
- Customer Care
- Text Audio Transcription
- Forklift Training
- CSR Construction
- First Aid
- Personal Development
- Food Hygiene



Other courses available in the Ashton Centre include NVQ level 2 Childcare and Improving your English and Math's.

We would appreciate any suggestions for new courses you would like run in the area.

We are constantly recruiting for courses. If you would like any information or wish to reserve a place on a course please contact Maureen Hughes on 90 74 2255.

Everyone welcome!

## OCR Trainee Youth Leader Training

Youthlink will be facilitating a 12 week OCR Trainee Leaders Course for up and coming youth workers and volunteers from the Greater New Lodge area. The course will commence on the 28<sup>th</sup> September 2006 and will include a weekend residential at the Share Centre on 10<sup>th</sup> -12<sup>th</sup> November 2006. The course is aimed at local young people who would like to get, or who are already involved in youth work in the Greater New Lodge Area.



To take part in the course you must be aged 16-18 and interested in youth work and youth issues in the local community. There are 16 places. If you are interested then please get in touch with Michael Burns (Star Neighbourhood Centre) 90740693 or Hugo Armstrong (Artillery Youth Centre) 90351332

## Free Computer Maintenance

### Course OCN levels 2&3

At Belfast Institute of Further and Higher Education, Gerald Moag Campus, Millfield. Starting in September 06 for 20 weeks – 3 hours per week, Tuesday mornings

#### About the course:

This practical PC and networking course has been designed for those who wish to learn about basic PC maintenance and networking.




This course will be assessed through practical based tasks and will provide underpinning knowledge for successful learners to embark on Comptia PC courses.

The course is funded by Springvale Community Outreach Initiative is free of charge.

If you are interested in joining the course or would like more details, contact Cathy Rooney at the Ashton Centre – Tel 028 90742255 or email [cathy@ashtoncentre.com](mailto:cathy@ashtoncentre.com)

## Complimentary Therapy Courses

Droichead an Dóchais offer training in Complimentary Therapies and all courses are held at our offices at the Ashton Centre. For the autumn 2006 term we are offering the following: Diploma in Indian Head Massage, Reiki 1, Meditation and Relaxation classes and pending funding hope to offer Reflexology and Swedish Body Massage courses. Anyone interested in any of the above should contact Irene or Mary at Droichead an Dóchais on 90742255 or 90221022



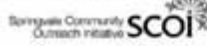
## EDUCATION & TRAINING INFORMATION DAY


At the Ashton Centre  
Thursday 14<sup>th</sup> September 2006  
From 10.00am to 2.30pm


**Why not come along and find what courses are on offer including:**

|                          |                               |
|--------------------------|-------------------------------|
| NVQ2 Childcare           | Help with Maths and English   |
| Customer Care            | Introductory Computer Classes |
| Text Audio Transcription | Text Word Processing          |
| ECDL                     | Basic Computer Skills         |
| Forklift                 | CSR Construction              |
| Food Hygiene             | First Aid                     |
| Personal Development     | Sage Accounts                 |
| GCSE English and Maths   | Counselling                   |

For further information, please contact Cathy, Maureen or Rosey at the Ashton Centre – telephone 02890 742255 or email [cathy@ashtoncentre.com](mailto:cathy@ashtoncentre.com)







Ashton Community Trust, 5 Churchill Street, Belfast, BT15 2BP

## Tar Isteach Training through BIFHE

Have Places available on the following free courses

**To register on each course contact Ann O Neill  
Tel. 028 90 202420**

Monday 11<sup>th</sup> September 9.30am – 5.30pm

Foundation Certificate in Food Hygiene

**1 day course gives an awareness and understanding of good food hygiene practices**

12<sup>th</sup> October – 23<sup>rd</sup> November 1.30pm – 5pm

Intermediate (supervisors) Certificate in Food Hygiene

6 day course for those working at supervisory level, gives an understanding of responsibilities regarding food hygiene, and how to meet statutory requirements.

Introduction to Food Service Techniques

29<sup>th</sup> November 9.30am – 12.30pm

Food Service Techniques (NIOCN)

5 day course to include safe and hygienic practices, preparation of restaurant, customer care, selling skills and team skills for the restaurant.

Tuesday 3<sup>rd</sup> October 9.30am – 4.30pm

Wine and Spirit Trust Certificate

1 day course covers wine history, classification, storage, serving and matching wine and food.

Wednesday 13<sup>th</sup> September half day

Introduction to Bar Service Techniques

Wednesday 20<sup>th</sup> September – October 9.30am – 4.30pm

Bar Service Techniques (NIOCN)

Covers health and safety, customer care, selling skills, serving drinks and dealing with payments.

Monday 2<sup>nd</sup> October 9.30am – 4.30pm

Foundation Certificate in Health and safety

1 day course gives all employees an awareness and understanding of health and safety in the workplace.

Tuesday 10<sup>th</sup> October – 19<sup>th</sup> December 1.30pm – 4.30pm

Cleaning Operative Proficiency Certificate

This course highlights the professional approach to cleaning .

Other short courses available

- Welcome All
- Principles of Manual Handling 22<sup>nd</sup> November  
9.30am – 1pm
- Principles of COSHH
- Employment Issues
- Cocktail Making 6<sup>th</sup> December  
1.30pm – 4.30pm
- Rick Assessment 8<sup>th</sup>  
November 9.30am – 5.30pm
- Stress Awareness 15<sup>th</sup> November  
1.30pm – 4.30pm
- Emergency First Aid 12<sup>th</sup> September  
9.30am – 4.30pm

Also taking names for Fork Lift training.

## Numeracy Class Receiving Certifi-



Irene Drain, Kate Hughes, Marguerite Mc Callen. Helena Marley, Patrick Mc Donnell. All passed their entry numeracy exams

## Steps To Work Programme

The Steps to Work Programme is offering a range of training courses . Courses will be held at the Ashton Centre and at other outreach centres throughout North Belfast at various times of the day.

Help with childcare and Transport can be provided, if required.

Outreach Guidance workers are available in the JobClub in the Ashton, as well as tutors to offer you guidance in relation to courses, as well as other help with interview skills, CV's, job search and other relevant support.

There are a limited number of places for courses, so get your skates on and contact Kirsty on 028 90 742255.

## Ashton Centre

FREE TRAINING

&

FREE CHILDCARE PLACES

FOR WOMEN LIVING IN NORTH BELFAST  
AT THE ASHTON CENTRE, CHURCHILL STREET

TRAINING COURSES INCLUDE:

BASIC COMPUTERS

CLAIT & ECDL COURSES

WORD-PROCESSING

REFRESH YOUR ENGLISH & MATHS

PERSONAL DEVELOPMENT

DRIVING THEORY

HELP WITH C.V.'S OR APPLICATION FORMS

IF YOU ARE INTERESTED CALL ROSEY ON

028 90742255

## Peace Building in Interface Communities

One of the criteria for future funding will be an organisations ability to demonstrate its commitment, and ability, to contribute to developing a Shared Future. For groups and organisations not directly involved in peace building or community relations activity this may seem a daunting task. To assist groups and individuals in developing a better understanding of this area of work the North Belfast Interface Network in conjunction with the North Belfast Developing Leadership Initiative CEP, LINC and Queens University Belfast will be offering the following accredited course, Peace Building in Interface Communities, from September this year.

This course is intended for local community leaders, residents or those working with interface communities. The course will appeal to those from interface communities and civil society organisations active in interface areas. This course is an interdisciplinary course designed to explore the current issues relevant to the effective and efficient management of peace building activities within a divided society. The course will provide participants with a basic understanding of the knowledge and skills required to develop peace building activities in an interface community. Participants will develop a basic understanding of conflict issues within a divided, or contested, community. Participants will also develop a basic understanding of how to inform and influence processes of governance as well as understand the key elements, and components, necessary for grassroots peace building in an interface area. The course will also signpost participants to other accredited and non-accredited courses and programmes that can sustain peace building activities in an interface community.

### Criteria for Admission to Programme

Potential applicants must demonstrate an interest in working in the Community / voluntary sector at interface areas. Applicants will also be drawn from interface communities or those grassroots organisations developing local leadership skills in conflict resolution, conflict transformation, addressing the wider determinants of health, through housing, community education or economic regeneration.

The North Belfast Interface Network can also offer short courses in communication skills, conflict management and negotiation skills. These courses can be tailored to suit the needs of all types of organisations any groups. Due to limited funding these courses can only be provided if sufficient numbers can be demonstrated.

For further information relating to the **Peace Building in Interface Communities** or any other of the courses available please contact:

Rab Mc Callum

North Belfast Interface Network

Ashton Centre, 5 Churchill St, BT15 2BP

Tel: (028) 9074 2255



## Visit from Talnoiry Avian Care Trust



Ashton After Schools Club had a magical visit from T.A.C.T. a wildlife sanctuary which cares for sick or injured animals. We met Becky the ferret, Mr Prickles the hedgehog and Noah & P.J. the owls with only one wing each and many other rescued animals. The children were able to hold the animals and everyone had a wonderful time.

Well Done! on completing The Internet and e-mail



Stuart Gallagher, Linda Mc Gill, Emma Mc Nally, Colette Loughren, Chris Kerney, Selena Duffy.

## Northern Ireland Ambulance Service Visit New



The children in the Ashton Centre After Schools Club had a visit from the Paramedi-kidz recently and a good time was had by all. Not only was the visit fun but also educational and all the children enjoyed the hands on activities. All the children in the After Schools have promised not to throw stones at ambulances or other emergency services.

# 'Wish you were Here' A beach in New Lodge!

In July, a group of Young women from the New Lodge area got involved in a **New Lodge Arts Project** called **Re:New**, and created a piece of public art for the whole community to enjoy. They built a beach in the New Lodge – based on



the traditional holiday for the people of the area - a trip to the seaside.

Artist Amanda McKittrick and young women aged 12 -15 collaborated to create this temporary piece of public art.

'Wish You Were Here' is a work which emphasizes public participation. It aimed to summon up the joy of a day at the seaside, encouraging the community to experience a familiar space in a new and exciting manner.

For one day only, the street outside the Star Neighbourhood Centre was transformed and infused with human energy. Young people, children, mums, dads, grannies and granddads all arrived with their buckets and spades to join in with the spirit of the event and the weather didn't disappoint!

The group used over 12 tons of sand to create 'New Lodge beach' and had an array of water toys, waterslides and sprays, to add to the day's experience.

A marquee was set up to house a slide show and sound installation. You could hear the sound of seagulls and crashing waves and had the opportunity to view workshop slides of the young people and their trips to the beach to collect materials for the day. Also a slide show of old photographs the group had collected from within the community, an archive of images and memories of past holidays and trips to the seaside. The young people also used these images to create their own bunting to decorate and display at their beach.

Amidst the sounds, sand, shells and seaweed, children played with their buckets and spades enjoying a fun filled seaside experience on their door step.

A truly intergenerational experience as the rest of the community joined in to transform the space for one day. The young people along with artist Amanda McKittrick facilitated

a sand casting workshop in which the participants of the event could take away a lasting memory of the day in the form of a plaster hand or foot print, a souvenir from 'New Lodge Beach'.

New Lodge Beach is a memory that will not be forgotten by the community. It is something special that will be thought of with pride by the young people who conceived the idea and made it a reality. One of the group said 'It is something for us to remember as we grow up and will be a story to tell our children and even grandchildren one day...We made this space ours for one day'.

Artist Amanda McKittrick said 'Public art should not be reduced to something to brighten up the environment; it has the potential to weave threads of history, culture and personal expression into our lives'.

Thanks to Áine, Kitty, Charlene, Bernadette, Deborah –for their hard work and dedication to the project. Well Done.

Re:new has been working with New Lodge, Newington and Greencastle teenagers collaborating with artists aiming to develop creative and innovative solutions to the regeneration of neglected spaces in their areas promoting a positive image of North Belfast.. The young people and artists, facilitated by 'Glenravel Local History Project' researched and investigated the history, urban myths and folklore of their spaces and will examine how this local heritage has helped shape their identities.

**Re:new** is being delivered by a consortium consisting of New Lodge Forum/New Lodge Arts as the lead partner, Newington Residents Association, Greencastle Community Association, Glenravel Local History Project and 'Interface' research body at the Art College, University of Ulster.

The project is funded by Belfast City Council, Heritage Lottery and Interface.

For further information Contact:

Clare Lawlor, New Lodge Arts, Re;New Project Coordinator, Ashton Centre  
5 Churchill Street, Belfast, BT15 2BP. Tel: 028 9074 2255



**LIVING IN NORTH BELFAST?  
INTERESTED IN QUALITY TRAINING THAT WILL IMPROVE YOUR  
SKILLS AND IMPROVE YOUR CHANCES OF A MORE SUSTAINABLE  
FUTURE IN EMPLOYMENT ?**

**STEPS TO WORK PROGRAMME** is providing people living in North Belfast an opportunity to develop through a variety of training programmes. Each participant will receive tailored support & mentoring during training and in preparation for employment. While on training you can avail of Free childcare facilities.

**Courses commencing September 06:**

Childcare  
Customer Care  
Text Audio Transcription  
ECDL Computer  
Forklift  
Food Hygiene  
Personal Development

Care in the Community  
Sage Payroll / Sage Accounts  
Text Word Processing  
Basic Computer Skills  
CSR Construction  
First Aid

**To find out more contact:**

Maureen or Kirsty @ Ashton Community Trust, 5 Churchill Street, BT15 2BP.

Telephone: 028 9074 2255 - email [cathy@ashtoncentre.com](mailto:cathy@ashtoncentre.com) or [kirsty@ashtoncentre.com](mailto:kirsty@ashtoncentre.com)

Moyra at Mountvernon Community House, 166 Mountvernon Park, BT15 4BJ

Telephone 02890775307 - email: [moyra@mvcdf.org](mailto:moyra@mvcdf.org)

Kirsty at Lower North Belfast Community Council, Castleton Centre 30/42 York Road BT15 3HE

Telephone 02890288887 email: [kirsty@ashtoncentre.com](mailto:kirsty@ashtoncentre.com)

Funded by the BSP Building Sustainable Prosperity, SCOI & Ashton Community Trust

## Ashton Centre Job Club

Do you live in North Belfast? Are you unemployed or want to return to work? Aged 16 yrs+? We can offer:

- Careers/Educational Advice
- 1-1 Support
- Advice Benefits/Childcare
- Job Club
- Improving employment skills
- Interviewing techniques, completing applications, CV building etc.
- Essential skills help
- Computer skills

**Now Available  
Jobcentre Online  
Come In and search  
for employment Online**

If you are interested or would like to know more information please contact Brenda or Kirsty on 90 74 2255 at the Ashton Centre.





Welcome to the New Lodge Duncairn Community Health Partnership update. Each month your local CEP magazine will contain information on our current and planned programmes as well as relevant and helpful healthy living advice. If you have any particular topic you wish us to cover please contact us at the address below.

## Five Choices to Help You Stay Healthy

Here are five major choices that you can make to help you stay healthy. The main benefit of these lifestyle choices is that in the future you are less likely to develop heart disease, stroke, diabetes, liver problems, lung problems, and certain cancers.

### What can I do to help stay healthy?

#### You should not smoke

If you smoke, stopping smoking is often the single most effective thing that you can do to reduce your risk of future illness. The risk to health falls rapidly as soon as you stop smoking (but takes a few years before the increased risk reduces completely). If you find it hard to stop smoking, then see your practice nurse for help. Medication may be advised to help you to stop.

#### Do some regular physical activity

Anything that gets you mildly out of breath and a little sweaty is fine. For example: jogging, heavy gardening, swimming, cycling, etc. A brisk walk each day is what many people do - and that is fine. However, it is thought that the more vigorous the activity, the better. To gain most benefit you should do at least 30 minutes of physical activity on most days. Two shorter bursts is thought to be just as good. For example, two 15 minute bouts of activity at different times in a day.

#### Eat a healthy diet

Briefly, a healthy diet means:

- AT LEAST five portions, and ideally 7-9 portions, of a *variety* of fruit and vegetables per day.
- THE BULK OF MOST MEALS should be starch-based foods (such as cereals, wholegrain bread, potatoes, rice, pasta), plus fruit and vegetables.
- NOT MUCH fatty food such as fatty meats, cheeses, full-cream milk, fried food, butter, etc. Use low fat, mono-, or poly-unsaturated spreads.
- INCLUDE 2-3 portions of fish per week. At least one of which should be 'oily' (such as herring, mackerel, sardines, kippers, pilchards, salmon, or *fresh* tuna).
- If you eat meat it is best to eat lean meat, or poultry such as chicken.
- If you do fry, choose a vegetable oil such as sunflower, rapeseed or olive oil.
- Try not to add salt to food, and limit foods which are salty.

#### Try to lose weight if you are overweight or obese

You don't need to get to a perfect weight. If you are overweight you can gain great health benefits by losing 5-10% of your weight. This is often about 5-10 kg. (10 kg is about one and a half stone.)

#### Don't drink too much alcohol

A small amount of alcohol is usually fine, but too much can be harmful. Men should drink no more than 21 units per week (and no more than 4 units in any one day). Women should drink no more than 14 units per week (and no more than 3 units in any one day). One unit is about half a pint of normal strength beer, or two thirds of a small glass of wine, or one small pub measure of spirits.

Supported by

New Lodge Duncairn Community Health Partnership  
206 Duncairn Gardens  
Belfast, BT15 2GN  
9074 5588



## Advertise In The CEP Magazine



The Greater New Lodge Community Empowerment Partnership is a collective of all community organisations in the greater New Lodge area working for the betterment of the whole area. We are offering all local businesses in the area the chance to advertise in the local community magazine and thus help to make the community magazine bigger, better and a more effective resource for the whole community. We deliver the community magazine to 3500 homes every month in the New Lodge, Newington and Parkside areas with an estimated readership of 9000 people. The readers of our magazine are your potential customers; we have very competitive rates with ads to meet all needs. We want to promote businesses that are committed to this area and its improvement.

If you would like to take this opportunity to advertise in the Greater New Lodge Community Magazine then contact:

Leo Morgan  
 Communications Worker  
 Greater New Lodge CEP  
 5 Churchill Street  
 Belfast, BT15 2BP  
 Tel: (028) 9074 2255  
 Fax: (028) 9035 1326  
 e-mail: leo@newlodgecep.org

## Bingo At The Recy Every Friday Night 8.30pm - 10.00pm



## Sign Up for Free Text Messaging Service

Job & Training Opportunities  
 Sent straight to your phone  
 For further details contact  
 Cathy Valente on 90351332

## Free Taster Sessions at the Ashton Centre – September 2006

Are you interested in learning about computers and are not sure where to begin –

**No need to fear – Donna's here!**

Donna will be offering short 2 hour taster sessions at the Ashton centre during the first 2 weeks in September. Sessions are outlined below.

|  |  |                      |
|--|--|----------------------|
| <b>Create an Email address:</b><br>Learn how to send and receive emails and how to attach photos to an email to share with friends and family.                                     | Monday<br>4 <sup>th</sup> September        | 10:30am –<br>12:30pm |
| <b>Learn how to take a photo with a digital camera and transfer it to the Computer:</b><br>Frame the photo and print it out.   | Wednesday<br>6 <sup>th</sup> September     | 10:30am –<br>12:30pm |
| <b>Start Shopping Online!!</b><br>Look for bargain holidays, tickets for Odyssey concerts, books for students, cheaper insurance and lots more. Guaranteed to save you money.      | Thursday<br>7 <sup>th</sup> September      | 10:30am –<br>12:30pm |
| <b>Learn how to send Electronic Greetings Cards:</b><br>Forgotten that birthday? Learn how to create and send greetings using the Internet   | Friday<br>8 <sup>th</sup> September        | 10:30am –<br>12:30pm |
| <b>Create an online Photo Album:</b><br>Design a photo album online where you can easily share your photos with family, even on the other side of the world.                       | Monday<br>11 <sup>th</sup><br>September    | 10:30am –<br>12:30pm |
| <b>Join Friends Reunited or Genes Reunited</b><br>Learn how to build your family tree or start to find lost relatives, or find out what has happened to all your old school mates. | Wednesday<br>13 <sup>th</sup><br>September | 10:30am –<br>12:30pm |

For further details or to reserve a place, please drop in to the Ashton Centre or telephone Cathy, Maureen or Donna at the Ashton Centre - Telephone 028 90742255

# Sweet FM

Sweet FM, North Belfast Community Radio Station returns to the Airwaves from 1st September 2006 until 28<sup>th</sup> September. The radio will run between 12noon and 12midnight each day. This year we see the return of The men in black (Fr. Troy & Fr. Gary's show), And back with advice and loads of "hot of the press" information will be Elaine Burns from the Ardoyne Association, including their Best Neighbour award. As well as great music and craic you will also enjoy many trips down memory lane with some of the North Belfast's best loved characters.

Monday's between 12noon & 2.00pm will be this years slot for the Greater New Lodge area. This show will be hosted by Michael Burns and along with all types of music; you will also get the opportunity to hear what the community groups in the area have on offer. If you are a community group looking to promote the work of your group or looking to publicise a new campaign/issue or you're a local resident who would like to take us on a trip into past of the New Lodge area then please feel free to contact Michael on 90740693. Don't forget to tune into: 107.7FM

# Pregnancy and Baby Fair

Are you preparing for childbirth or have you recently had a baby?  
If so, then come along

|                            |                     |
|----------------------------|---------------------|
| Preparing for Birth        | Diet & Pregnancy    |
| Infant Massage / Baby Yoga | Infant Feeding      |
| Car Seat Demonstration     | Indian Head Massage |
| Safe Play                  | Reflexology         |
| Play Ideas                 | Childcare           |
| Dental Health              | Freebies            |

**18<sup>th</sup> September 2006**  
11am – 2pm  
NICVA, 61 Duncairn Gardens,  
**Admission Free**

Smile SureStart

## Promoting The Work Of Your Group

Are you involved in a community, youth or sports organisation, does your group require publicity materials, the CEP Communications Worker can help with the publicity of your group, presentations, posters, invitations, display banners, calendars, even your own publications. If you would like to learn more about publicising the work of your group contact Leo Morgan on 90 200 900 Don't forget the community magazine is here for every group in the area.

## Bin Your Gremlins For FREE

This course offers the chance to improve your spelling, reading, writing and maths skills (essential skills) through the use of computers and on-line learning.



To find out more, ring the Ashton Centre on 90742255 and ask for Kate Hughes.

Free crèche services (limited places).

## Smile SureStart Calendar of Events - September – December Programme

### Mondays

**Chattertots Parent & Toddler Group** - McCrory Hall, Duncairn Gardens  
9.30am – 11.30am

**Baby Yoga / Health Visitor** - McCrory Hall, Duncairn Gardens  
For more information contact Smile SureStart

**Drop in & Play** - Mount Vernon Community House  
9.30am – 11.30am

**Groovy Babies Parent & Toddler Group** - Grove Primary School  
10.00am - 12noon

### Hanan's "Learning Language & Loving It"

*A Course for Early Years Practitioners* - Mountcollyer Resource Centre  
23rd Oct, 20th Nov, 11th Dec 2006, 22nd Jan, 19th Feb,  
19th Mar, 30th Apr 2007 2.00pm - 5.00pm

### Cook It

Commencing October 2006 - Time and venue to be confirmed

### Tuesdays

**Fun Friends Parent & Toddler Group** - North Queen Street Community Centre (Recy)  
46a Victoria Parade 10.00am – 12noon

### Walking Group

Smile SureStart, Duncairn Gardens 12noon – 1.00pm

### Baby Café - with Smile SureStart Midwife

Smile SureStart, Duncairn Gardens 1.30pm – 3.00pm

### Postnatal Support Group

Smile SureStart, Duncairn Gardens - 10th Oct, 17th Oct, 24th Oct, 7th Nov, 14th Nov and 21st Nov 2006 9.30am - 11.30am

### Baby Massage (4 Sessions) - Duncairn Gardens

Course 1, 12th Sept, 19th Sept, 26th Sept & 3rd Oct 2006  
Course 2, 21st Nov, 28th Nov, 5th Dec & 12th Dec 2006 3.00pm - 3.45pm

### Wednesdays

**Jack & Jill Parent & Toddler Group** - 174 Trust, Duncairn Avenue  
10.00am – 12noon

### Thursdays

**Managing Children's Behaviour** - Northside Project, Duncairn Gardens  
12th Oct, 19th Oct, 26th Oct, 9th Nov, 16th Nov, 23rd Nov and 30th Nov  
2006. 10.00am - 12noon

### Hanan's "You Make The Difference" A course for parents

Duncairn Community Centre  
28th Sept, 5th Oct, 12th Oct, 19th Oct, 26th Oct,  
9th Nov, 16th Nov, 23rd Nov, 30th Nov 10.00am - 12.30pm

### Antenatal Yoga (5 Sessions) - Grove Leisure Centre

**Course 1**  
7th Sept, 14th Sept, 21st Sept, 28th Sept & 5th Oct  
11.30am - 12.30pm

### Fridays

**Trip to St Georges Market** - Bus Departing Smile SureStart, 204 Duncairn Gardens 10.00am – 12noon

**Tots to Teens Parent & Toddler Group** - Mount Vernon Community House 10.00am – 12noon

### Smile Guys

Smile SureStart, 204 Duncairn Gardens 10.00am -12noon  
8th Sept (for future dates, contact office)

### Antenatal Yoga (5 Sessions) - Grove Leisure Centre

**Course 2**  
17th Nov, 24th Nov, 1st Dec, 8th Dec & 15th Dec  
11.30am - 12.30pm

If you require crèche support to attend any of these programmes, then contact your Family Support Worker, or the office on the number below.

204 Duncairn Gardens, BELFAST BT15 2GN

Tel: 028 90756654 Fax: 028 9074659

# Autumn Courses 2006

## Available at the Ashton Centre

- Beginners Computer Classes
- CLAIT
- ECDL
- Advanced ECDL
- Word Processing
- Text Audio Transcription
- Childcare NVQ level 2
- Customer Care
- Sage Accounts
- Sage Payroll
- EDEXCEL BTEC Award in Security Operations & Conflict Mangement
- CSR Construction Card
- Forklift
- Food Hygiene
- First Aid
- Personal Development
- GCSE Maths
- GCSE English
- Counselling Level 1



Loose your Gremlins, brush up on your English and Maths

Employment Support (help with CVs, Interview skills, applying for jobs etc)

**Courses due to commence in September 2006. For further information or reserve a place please contact Maureen at the CEP Office on 90 742255**