

Greater New Lodge CEP Magazine

Greater New Lodge
Community Empowerment Partnership

CEP

Make A Difference Get Involved

Issue 29

October 2006

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

Greater New Lodge Halloween Events

Tuesday 31st October Halloween Night

Halloween Carnival Parade

Assemble North Queen St Park 6.30pm

Departs 7.00pm Come Dressed Up



Spooktacular Fireworks Display Edmund Rice Primary School 7.15pm



Be Safe With Fireworks



New Lodge Dungeon 8.00pm
New Lodge Youth Centre (Grey Gables)
Come and enjoy a monster experience



Halloween Workshop - Thurs 26th October 5.00pm - 9.00pm
New Lodge Youth Centre

For further information contact 90 200 900



See Page 3 For Halloween Details

Community Empowerment Partnership

Community Contact Numbers

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
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 Credit Union - 9035 1773
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 Interface Network- 9074 2255
North Belfast Family Centre - 9024 7580
North Queen St. Community Centre - 9032 3945
Parkside Community Association - 9080 6303
PIPS Project - 9075 5070
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

Are you Recycling?

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

New Lodge Youth Centre Plastic Bottle Tops Appeal



The New Lodge Youth Centre (Grey Gables) are collecting plastic bottle tops to help raise money for wheel chairs. If you would like to help out, drop your plastic bottle tops into the centre in Upper Meadow Street. Thank you.

Greater New Lodge Community
Empowerment Partnership

90 742 255

90 200 900

info@newlodgecep.org

Tar Isteach Welfare Rights Project

In this month's edition of the CEP magazine we present an article from Tommy Quigley, manager of the Tar Isteach project based in 133 Hillman St on the 'Welfare Rights Advice' service provided by the organisation.

"Although our primary function is to act as a support mechanism for the republican ex-prisoner community in the north Belfast area, from the beginning Tar Isteach has always acted as an important resource for the wider community. Our project contains a number of elements including welfare advice, counselling and emotional support, training and education, youth development, resource investigation and research. However I would like to take this opportunity to concentrate on one element of our work, that being our welfare rights advice service. As many local people would be aware our welfare rights worker is Agnes Fraser. However what they might not know is that Agnes provides advice services for the entire North Belfast area and not just the New Lodge. This is done on a daily basis through the provision of free confidential advice at



Agnes Frazier - Welfare Right Worker

our main base in Hillman St. as well as through outreach clinics, home visiting and telephone advice line. Since the start of this project Agnes has dealt with over 13,000 clients and 20,000 queries and has ensured that benefits and entitlements amounting to approximately £3.5 million have reached those in need. Apart from the absolutely excellent voluntary support provided by Liz Devenny, Agnes works alone. However because of the incredible demand on her time Agnes is

constantly put under immense pressure. Because of this we have to operate on an appointment only basis. This can often lead to frustration amongst some clients seeking immediate assistance. We in Tar Isteach recognise the severe hardships that people on low income have to endure. We also fully understand the distress and confusion that problems with the benefits system can cause for people. Tar Isteach is there to help those most in need and to do this most effectively we would like to expand and develop our services further. However this would require additional workers and office space. Despite our best efforts we have been denied the financial resources that would allow this to happen. Indeed it has been a constant struggle even to find the means to maintain the service at its present level and funding for the project has constantly been on a short term basis. Because of our extremely limited resources we have little option but to structure the service in its present form. We would therefore ask people to understand our position and try to be patient when requesting assistance."

Halloween Celebration

This Halloween, Tuesday 31st of October community activists within the Greater New Lodge CEP will be organising a number of Halloween events to promote community spirit and provide an evening of fun for the whole community. The celebrations will be as follows,

Assemble North Queen St. Park at 6.30 pm for Halloween Carnival Parade where a spooky torchlight walk through the district will take place. We are asking for everyone to come in fancy dress costume and bring a torch or lantern. We would ask that an adult accompany all children.

After the parade has reached the junction of Lepper St./Churchill St. (outside Ashton Centre) everyone will be able to watch a spooktacular fireworks display that will take place

at 7.15 pm inside the grounds of Edmund Rice Primary school. No one will be permitted onto the grounds of the school during the display.

After the fireworks display has ended the New Lodge Dungeons will be opened at New Lodge Youth Centre in Upper Meadow St. where a night of spooky entertainment for all the family will follow.

So come along and enjoy yourself, tell all your family and all your friends. Make this a Halloween to remember. Of course many of you might be too afraid to attend because of all the ghosts, witches, wizards, goblins and other terrifying creatures that come out from their hide-aways on Halloween Night.

What a frightening time.



New Lodge Youth Theatre Group
Are you interested in being part of New Lodge Youth Theatre Group? We are currently looking for young people between the ages of 14 to 22 years. No experience necessary.

To register your interest contact Cecilia at the Ashton Centre on 028 9074 2255 before 1pm daily.

North Queen Street Park Update



Members of the North Queen Street Park Working Committee visit Multi-Sports facility in the Waterworks

North Queen Street Park for many years has been a thorn in the side of local residents, it has been, the gathering point for many anti-social elements within our community and during times of pressure the local community wanted it to be replaced with housing.

But over the past number of months, and with a realisation that we need play and recreational facilities the mood has changed and there have been some small, but very positive changes. A working group has been established and their task is to explore ways of redeveloping the park into a more sustainable and friendly facility.

This group is representative of local community and youth groups and more importantly has direct input from local residents who see themselves as part of the solution. Some of the changes at the park include; the new security fencing, resurfacing of potholes in the football area and the repair of the drainage system, there is also a more improved opening and closing setup. All this work has been lobbied for by the North Queen Street Park Working Group.

We recognise that the above measures are simply the start of a more long-term development, but we will continue to work with the City Council to ensure, that we secure a lighting system for the park and also to secure new play equipment. We are confident that these short-term victories will lead us to a more long-term goal.

North Queen Street Park Planning Day
Saturday 28th October
10.00am - 4.00pm
Star Neighbourhood Centre
Come Along And Have Your Say
Into Plans For The Park



North Queen Street Park

Volunteers Needed 174 Trust Disability Project

Do you find you have some free time and don't know what to do. How about giving 2/3 hours per week working with children with disabilities. We meet on a Wednesday night at the 174 Trust. We have lots of fun every week but we need some volunteers. You could help with supper, do art, football, games or be an escort on our bus. You would not have to come every week just when you can.

Contact Linda 02890747114

St Kevin's Senior Citizens Club,
7-9 North Queen Street, Belfast

Grand Halloween Tea Dance

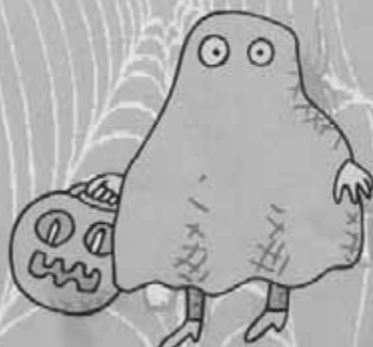
Friday 27th October

1.00 pm - 4.00 pm

St Kevin's Hall

Tickets £3
(or pay at the door)

Prizes for
fancy dress !



Donore Court Hartwell
Place Environmental
Improvement Scheme

Update

A contractor has been appointed and work has started on the alley-gating and environmental improvement works.

It will take around 4 weeks to complete the work.

We will try to minimise disruption.

Thank you for your understanding and cooperation.

If you have queries or problems please contact Richard at Groundwork on 9074 9494. Paul or Leo at the CEP office on 9074 2255 or Joe Liam at the Housing Office on 9074 2399.



CEP Information Session

Come along to the Recy to get an update on the CEP's programme of events and activities.

North Queen Street Community Centre (Recy)
Tuesday 14th November 7.00pm

Everyone Welcome

Bunscoil Mhic Reachtain

Golden Oldies Disco
Fundraiser
Cliftonville Bowling
Club

Friday 10th November
@ 8:00pm

Contact School On
9032 2409 For Tickets
Price : £3.00



Did you know that smokers are up to four times more likely to quit for good if they use specialist smoking cessation services and nicotine replacement therapies (NRT) such as gum, patches and lozenges.

With the forthcoming ban on smoking due in a few months the New Lodge Duncairn Community Health Partnership has a number of smoking cessation advisors who can help you understand the range of support services available when you are ready to give up.



Drinking guidelines have been developed for people over 18 years of age, based on medical advice.

Men It is recommended that men drink no more than 3 to 4 units of alcohol a day and no more than 21 units over the course of the week.

Women It is recommended that women drink no more than 2 to 3 units of alcohol a day and no more than 14 units over the course of the week.

Remember, that for each unit you drink over the daily limit, the risk to your health increases. It's important to spread the units throughout the week - you can't "save up" your units for the weekend or a party.

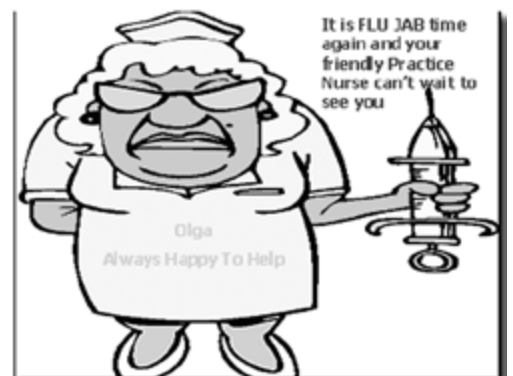
How often do you go through the day having eaten five portions of fruit or vegetables?

Thought so? Well we can help you change that. The Food Standards Agency recommends that everyone has five portions of fruit or vegetables per day in their diet. To do this you'll have to eat fruit or veg as part of every meal and as a snack in between.

It may sound difficult but that is where we can help.

Here it is:

- At breakfast have a glass of unsweetened fruit juice, which will count as one portion. Or slice fruit onto your cereals. Bananas on your cornflakes or weetabix are yummy.
- As a mid-morning snack - eat a piece of fruit or enjoy a fruit salad.
- For lunch have a minimum of one portion of vegetables. Why not have a salad, cooked vegetables or a jacket potato with baked beans?
- For a mid-afternoon snack, have a small handful of dried fruit with yoghurt or a fruit smoothie.
- For dinner eat one or two types of cooked vegetables or a portion of fresh or tinned fruit for pudding.



Supported by



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

Romania Fundraising Appeal

For the past two years some of the volunteers and staff of the New Lodge Duncairn Community Health Partnership have been in Romania working with existing health projects and sharing skills.

Romania is the largest of the Balkan countries. After the 2nd world war the country was under communist rule and there are still many signs of communism left today. We spoke to many of the older people who told us stories about being imprisoned and tortured because they would not join the communist party. Many of the adults who had been brought up in orphanages as children now suffer from serious addiction problems and suicidal tendencies.

We have now developed as a partnership and we feel it would be beneficial to train the staff and volunteers of the day centre and other health projects as holistic therapists at Diploma Level. From our experience in Belfast we would expect this training to impact in a similar way in that it will benefit those training and the local community in a positive way as a preventative measure and by promoting health. The Community Health Partnership has been providing this type of training for 3 years in Belfast and has the expertise and skills to develop the training in Romania.

In 2003 the New Lodge Duncairn Community Health Partnership carried out a small piece of research on 10 participants over 10 weeks.

The central questions to this research were:

1. Would Complementary Therapy change the participant's "mindset" with regard to perceptions of health and wellbeing?
2. Would Complementary Therapy improve the participant's health awareness?
3. Would their family and social relationships improve as a result of their feeling better?
4. Would the participant reduce their intake of over the counter drugs?

The results proved very positive. We are now developing a training centre to train staff of health care projects in Romania. If any individual or groups have ideas for fund raising to help sustain this project we would be grateful to hear from you. Please contact Patricia McDaniel, tel. no. (028) 90745588.



As most people, especially in the Carlisle area, will have noticed, work has been ongoing for several months on the pathway and surrounding areas between the steps at North Queen Street and Henry Place. This was the result of a consortium being set up between Creating Common Ground, Groundwork, Housing Executive, D.R.D. road services and led by the New Lodge Housing Forum.

Because the site has been cleared now for some time it is easy to forget what it was like originally. The heavy undergrowth and trees made it a no go area for anyone other than anti socials, indeed dumping was rife and at night drinking and glue sniffing were commonplace. The area was even used as an ambush point for muggers.

Working on a cocktail of funding the Forum managed to turn the original clearing up project into a regeneration process including replanting, artwork and the refurbishment of the playground. Local children produced a mythical story around the traditional trees and this is the theme of the project, which explains the many paths and footprints which cover the site. These take you through a mystical tale hopefully told by the many murals and mosaics on the way.

There have been several setbacks on the way to completion, not least the mindless vandalism of a small number of individuals who regularly make a nuisance of themselves in the area, indeed on several nights North Queen Street was strewn with newly planted shrubs and young trees. The cultrits should realise how sad and worthless this type of activity is. Despite this, and other problems the project went ahead and is now nearing completion.

Original funding was through Creating Common Ground to the tune of £50, 000 but when the undergrowth was removed, the exposed Westlink wall was deemed a danger and the fence had to be erected, and £10,000 of our money went towards this. Not to be discouraged the Forum applied to Urban 2 (European funding) for a parallel project grant with Mount Vernon and received £42,000 which along with smaller grants brought the total funding to over £100,000.

I would like to take this opportunity to thank all those mentioned above, particularly the funders, and including B.C.C. who supplied new equipment for the playground which now includes a junior kickabout area. With their help we have managed to reclaim ownership of the area for the local people and beyond. The official opening of the project is on Fri. Nov. 3rd at 11am with a tree planting ceremony by local children, all welcome.

Liam Wiggins, acting chair, New Lodge Housing Forum.

Support For Overseas Workers



Local job club workers welcome Paulina Danilowicz and Sean Pollock

The Ashton Community Trust would like to welcome a new member of staff into the job club Paulina Danilowicz. Paulina will be dealing with all overseas workers and supporting them into the community. A major part of her work will be sign-posting overseas workers into training and employment. Everyone will benefit from her language skills. If you are an overseas worker living in North Belfast call into the job club (Tel. 028 9074 2255), and talk with Paulina who can refer you to all services available.

Ashton Centre Community Trust pragnie powitać Paulinę Daniłowicz - nowego pracownika w Klubie Pracy. Paulina będzie zajmować się wszystkimi osobami z zagranicy, które szukają pracy i wsparcia w naszym ośrodku. Najważniejszym jej zadaniem jest pomoc emigrantom w znalezieniu zatrudnienia oraz ich rekrutacja na kursy i szkolenia.

Jeżeli pochodzisz z Polski lub innych krajów zamorskich, mieszkasz w północnym Belfaście, szukasz pracy i potrzebujesz pomocy – zadzwoń do Klubu Pracy.

(Paulina, Tel. 028 9074 2255).

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.

Star Of The Sea 'Jeans for Genes Day'



On Friday 6th October Star of the Sea girls and Staff 'dressed to impress' by wearing their Jeans on National 'Jeans for Genes Day.' This is an appeal by 10 National charities including Great Ormond Street Children's Hospital to raise funds for research into genetic conditions affecting children. The girls and staff had great fun wearing their denims and some even personalised their own jeans. Over £300 was raised for a really worthwhile event!

Wheelie Bin Assisted Lift



If, for medical reasons you require assistance in order to get your bin out for collection please write to the Operations Manager (Waste Collections and Fleet), Belfast City Council, Cleansing Services, Clarendon House, 9-21 Adelaide Street, Belfast, BT2 8DJ, enclosing a letter from a medical/care professional confirming your requirements.

Love Yourself - Heal Your Life
Louise L Hay Workshop



Two day workshop developed by Louise L. Hay – Internationally renowned metaphysical teacher, lecturer and best selling author of over 37 Self-Help books – which also incorporates the work of Patricia Crane PhD (author of 'Ordering from the Cosmic Kitchen').

This powerful workshop has been attended by thousands of people worldwide and can be thought of as a stepping-stone on your journey of Self-Discovery. It will gently guide you to value yourself, and enhance your personal life in all its many aspects – Career, Prosperity, Health, Relationships etc. It is a stepping-stone on your pathway to Self-Discovery, to create the life you want.

During the workshop you will learn to:

Identify & transform negative beliefs that are holding you back in life. Release resentments & long held angers / traumas
Heal your personal relationships & heal your body. Get a fuller understanding of the power of self-love. Get more of what you want in your life. Learn to manage anxiety & stress more effectively.

The workshop will take place over 2 days and is a great way of discovering that you really do have the power within you!

For further information contact Irene or Mary on 028 90221022 or 028 90742255

CORNER HOUSE WOMEN MOVING ON

A Ten Week Personal Development Course At Corner House.

Who Is The Course For?

Women Moving On is a course designed for women who have spent time at home caring for children and other family members and are looking for new opportunities in education, employment or in a voluntary capacity.

Skills..

Would you like to develop new communication skills, devise and produce portfolio's, Action Plans and CV's... Then come along to Corner House and better your future.

Contact Corner House 90740380

October 2006 Graffiti Clean Up

On October 10th 2006 community workers, youth workers and volunteers with the CEP painted out graffiti and did a litter clean up near the affected sites in the general New Lodge area. In total 40 graffiti sites were cleaned up. Meanwhile cleansing teams from the Housing Executive were also in the area during the week, power hosing paint and graffiti off walls and footpaths and City Council workers also conducted extra street clean ups. In addition, local primary school children from Edmund Rice, Star of the Sea and Holy Family under the supervision of teachers carried out litter clean ups in the streets around their schools. All of this was part of an ongoing coordinated approach under the direction of the CEP to improve the general cleanliness and image of the area. Readers may recall that this initiative began over 2 years ago and was based on consultations and surveys with residents in the area at that time. During the consultation process the issues of litter, dumping,

street cleaning and graffiti were all identified as high priorities and causes of serious concern in the community. At the time many people felt that the scale of the graffiti and litter problem was so bad that it would prove too difficult or even impossible to resolve. However based on close monitoring of the situation by the CEP over the past 2 years, it is evident that there have been definite improvements in the appearance and cleanliness of the area. However there is room for further improvement and undoubtedly many problems remain. Yet we should all feel encouraged that progress has been made and positive change is possible. This progress has been in no small part due to the greater cooperation between local residents, schools, community workers and statutory agencies. Through education, building awareness, setting standards, leading by example and demanding our rights as citizens we can make a difference to the environmental condition of our area.



Edmund Rice Pupils With Their Banner



Holy Family Pupils With Their Banner



Local CEP volunteers take part in graffiti clean up



Cleansing workers take part in clean up



Housing Executive power wash graffiti



Star of the Sea Pupils With Their Banner

Local Primary Schools Unfurl Environmental Improvement Banners

Earlier this year children from our four local primary schools participated in a learning and information project about environmental issues relating to street cleanliness and recycling. As a result of this project each school designed its own individual promotional banner and postcard supporting environmental awareness and improvement. On Wednesday the 11th of November these colourful banners (each 14 x 7 feet) were displayed at the primary schools involved. At the same time a week of environmental improvement activity organised by the CEP including litter and graffiti clean ups got underway. This included a litter clean up by local school children under the supervision of teaching staff and community workers. The school principal of Edmund Rice John Devine said, 'I think this type of project is just great and created a real buzz within the school. The important thing is that young people are developing a greater awareness about their environment and are becoming more aware of their responsibilities in making the area a cleaner and brighter place to live. It is all part and parcel of the learning process and it is great that our children are setting a good example for everyone'.

Unfortunately because of some planning issues that hopefully can be sorted out in the near future, Bunscoil McReachtain were unable to display their banner on the school building.

Reasons For Improving The Physical Appearance Of Our Area

- Graffiti, litter, dumping, vandalism, destructive behaviour, dereliction makes our area look ugly and shabby
- It frightens vulnerable people such as young children and old people
- It causes health and safety dangers for everyone
- It damages the reputation of our community
- It damages community confidence and moral
- It makes our people lose their community pride
- It prevents everyone from enjoying parks and public spaces
- It prevents our children from playing in comfort and safety
- It costs time, resources and money to repair
- It can scare off investment and employment opportunities
- It damages local people's property and can lower its value
- It makes people want to move out of the area
- It may discourage people from visiting our area
- It lowers the quality of life for everyone in our community

There can be no doubt that 30 years of armed conflict, the lack of investment, economic deprivation, long term high unemployment and discrimination have seriously damaged the quality of life for the people of this community. Government neglect has also resulted in poor maintenance and repair of public spaces, streets, parks and playgrounds etc. Given this context it is perhaps to be expected that the district would show negative, visible features of being run-down. However we don't have to sit back and treat this as if it is normal or acceptable. Each and every one of us can play a significant role in changing things for the better. As we have said before on this issue we have it within our own hands to make the change. It doesn't have to be complicated and can be as simple as throwing your litter into a rubbish bin rather than on to the street. If there is no public bin then take it home and bin it. Please stop throwing rubbish in the entry's especially after they have just been cleaned. Stop putting graffiti on walls. Stop wrecking and destroying property this hurts no one else but our own people. Through our community structures and political representatives we can lobby, struggle and demand the resources and facilities that we as a community are entitled to expect. If we all pull together we can succeed in making this a better area to live in and a community to be proud of.

Keep The Greater New Lodge Clean

Local Schools Take Part In Community Clean Up



Corner House Early Years Project

Hello everyone,

Just to let you know what will be happening in Corner House Early Years Project this Autumn.

First of all we would like to bid a fond farewell to all our Graduates who left us to go to Nursery School in September, we wish you all every success.

We would also like to welcome all our 'New Starts'. We have 18 new children and the settling in period has gone very well. Thanks to the great co-operation of all our new parents. We have a busy programme of fun and learning ahead.

Our theme for the coming months will be Autumn with all the changes it brings in nature such as the leaves on the trees changing colour and falling off. The children have taken part in a nature walk and collected lots of leaves for our Autumn display. We will be concentrating on the colours red, yellow and brown in our art and creative play and there will be lots of songs, stories and rhymes around the theme of Autumn and Halloween.

Even though we are a charity, every year we try to help out other charities.



This Autumn we will be taking part in a Sponsored Toddle for Barnardo's a charity which supports children and families in difficulty. We feel it is important for children to learn about giving.

The childcare staff will be undertaking training in 'Respecting Difference' which uses cartoons, puppets, stories, and puzzles etc, to help young children explore their feelings regarding difference, whether it be physical or cultural. We aim to make Respecting Difference a very real experience for young children and something that can be shared with and involve their families.

The childcare staff have also begun training in Hannen 'Learning Language

and Loving It'. This training is facilitated by Smile SureStart. It aims to provide Early Years staff with an in-depth understanding about children's early stages of language development and communication, and how as staff we can best support and encourage children too, in this important area of their development.

As you can see there is a lot going on and we are all looking forward to the next few months. If you wish to find out more information about Corner House Early Years Project please contact Kate Scullion 028 90 740380 or email kate.scullion@ntlworld.com



Introduction To Stress Reduction & Relaxation

What is Reiki?

Reiki is a Japanese technique for stress reduction and relaxation that promotes healing. It is administered by laying on hands on or off the body and is based on the idea that a "life force energy" flows through us and is what causes us to be alive. If one's life force energy is low, then we are more likely to get sick or feel stress, and if it is high, we are more capable of being happy and healthy.

Reiki is a simple, natural and safe method of healing and self-improvement that everyone can use. A treatment feels like a wonderful glowing radiance that flows through and around you. Reiki treats the whole person including body, emotions, mind and spirit creating many beneficial effects that include relaxation and feelings of peace, security and well-being.

Reiki 1

Reiki 1 introduces participants to a 12 hour introduction programme to reiki hands on healing. The content includes atunements which allow a person to use the reiki energy primarily on themselves but also on friends and family.

Course content: history of reiki, meditation, atunement process, reiki session guidelines, hand positions, an introduction to the chakras, location of major body organs and practice sessions. A personal programme for activating the reiki energy.

Reiki 1 training is currently being offered at Droichead an Dóchais Taught by Mairead Keane of Taitiu school of Reiki. For further information please contact Irene or Mary on 028 90221022 or 028 90742255



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info@computer-connections.info

191 Donegall St, Belfast, BT1 2FJ



This project is part financed by the European Union through the Peace II Programme implemented by Belfast Local Strategy Partnership.

Bunscoil and Naíscoil Continue to Grow

Séamas Ó Donnghaile, principal of Bunscoil Mhic Reachtain in Lancaster Street, applauded local parents who recently approached him to register their children in the Bunscoil's feeder nursery, Naíscoil an Lóiste Úir. Some of the children have yet to reach their first birthday.

The Bunscoil is now housed in the former old school buildings in Lancaster Street - premises that first opened their doors to educate local children in November 1906. The Bunscoil underwent refurbishment recently and were presented with two state of the art classrooms by the BELB in late August.

"The extension to the premises and the added play area have made a huge difference to life in the school. A car park to the rear of the school is now a play area and offices were converted to create new classrooms," says Séamas.

"The fact is that the school is continuing to grow at a very healthy pace - we had a biggest ever Primary 1 intake this year with 17 children and already it looks like we will exceed 20 children in Primary 1 next year. We continue to enjoy community support and a great deal of our children now have younger siblings and cousins in the school. The parents are delighted with our approach not only to the children but to them. We are also seeing parents who have children in local English-medium schools sending their younger children to us. The people who send their children to us, for the most part, say quite simply that they want something different for their children."

Carolyn Morrelli, of North Queen Street, is a new parent in the Bunscoil whose child was due to start in an English-medium school. She said: "You just have to go down to the school and see for yourself why they are so different. That's the best advice I can give others. I have no regrets whatsoever about my decision to send my son here and I'm absolutely delighted with the way he is already starting to use his Irish."

The principal of the school says there are many reasons to explain why Irish-medium education is taking off in the Greater New Lodge area.

"When the school was established with just five children, premises and staffing were issues of grave concern, but through time, dedicated parents and committed governors succeeded in securing a comfortable home for the school. They were also excellent in promoting the idea that bilingual education offers much more than a second language. Their



Local pupils from Bunscoil Mhic Reachtain

vision was to make a 'positive contribution to the educational, cultural and linguistic welfare of all the children' who came to us. Their aim was to aid in the building of cultural diversity and mutual respect.

"The school now has 65 pupils who hail from all parts of North Belfast and plans are afoot to extend the premises to provide Irish medium pre-school provision on the Lancaster Street premises.

Uniquely, the children in the Bunscoil learn Sign Language from P5 onwards and P7 will leave at the end of the year with accreditation for their competence in this area. They also learn Italian, do Arts and Crafts with a visiting teacher, take part in GAA schools' training initiatives, Cross-community ventures and Irish Traditional Music. They also have Afterschools Provision three afternoons each week and soon will be twinned with a Kenyan school for children who also use Sign Language.

"Ultimately, Bunscoil Mhic Reachtain is a community venture that enjoys very popular support - local parents built it from scratch and continue to work energetically to ensure its continued growth. The fact that we have overcome so much upheaval is a testament to the strength, determination and vision of our parents and children and I am very proud to be associated with them."

Those interested in exploring Irish-medium Education for their children should contact Séamas on 9032 2409.



Old & Broken Mobiles Wanted

The 174 Trust Disability Project are looking for your old or broken mobile phones. By collecting 100 old/broken mobiles we will raise £400.00 to pay for Christmas parties for children & teenagers with physical or learning disabilities as well as severe illnesses. The phones can be left at reception of the 174 Trust for Linda's attention or ring Linda 028 9074 7114.

HOUSING NEWS

The Housing Forum would like to inform all N.I.H.E tenants of some changes that will be coming about with regard to contacting the District Office for repairs. From the end of October 2006 the response maintenance phone service will be changing its format. The direct number will remain as 90241525 for telephoning your repair request.

When you call to report a repair you will be connected to a new service centre who will take details of your specific repair request. At this point you will be asked some relevant questions as to the nature of your repair problem and depending on the information given this will then be treated as either .

IMMEDIATE CALLOUT - WITHIN 4 HOURS
EMERGENCY - WITHIN 24 HOURS
PRIORITY - WITHIN 4-DAYS
ROUTINE REPAIR REQUEST - WITHIN 4 WEEKS

The new service will also include the facility to make appointments for either mornings or afternoons again depending on the nature of the works to be carried out.

Examples of repairs that will fall into the various categories are as follows.

4 – HOUR EMERGENCY

Gas Leak
Wall or Floor Collapse
Electricity in contact with Water
Live or Bare Wiring
Sewage overflowing
Burst Water Tanks / Pipes
Water penetration at Roof
Severe Weather Heating Failure
Lighting in Communal areas

URGENT 4-DAY JOB

Faults At Plug Sockets
Water Heater Faults
Electric Heating Fault
Overflows at Tanks / W.C
Leaks at Toilet connections
Leaks at Waste Pipes / Radiators
Blocked Sewers / Drains
Water Through Doors / Windows
Glazing If N.I.H.E responsible

ROUTINE

This would be the normal repair job that would be undertaken within a 4 week period and can cover a variety of works. However you should make sure that these do not come under tenants responsibility, which can be checked through your Tenants Handbook. This is the starting process for some changes that will be undertaken by the N.I.H.E over the coming months through their Modernisation process and the Forum will keep you informed of any additional changes as they occur. The New Lodge Housing Forum can be contacted on 02890742399

THE ISSUE OF ANTI-SOCIAL ALLOCATIONS

Over the past few Months, the Housing Forum through its office has increasingly been involved with this issue, when some individuals with a perceived label of Anti-Social behaviour are being housed within this community; this information usually comes from the residents who will be living beside or close to these individuals and the perception that the Housing Forum has had something to do with these allocations.

Firstly let us inform all residents that the Housing Forum do not have any involvement in allocations or decisions with regard to any person being allocated a property.

But it does receive the full fallout from all parties concerned on these allocations. Firstly the residents complain about the allocation and then the people who hear that there is opposition to them being housed also come to us to complain. So let us explain the process when we are informed of these issues.

When we receive information of an allocation that may have a perceived anti-social connection from anyone within the community we first ask that they provide evidence in connection with this. We then, through local sources open to us, try and ascertain if this information is factually correct, if this is the case we will then contact the local Housing Executive office to collaborate if this information is correct.

If confirmed as true, we request a meeting with the District Manager to see if they are aware of the circumstances of these cases and if they have prior knowledge of any individual having any anti-social behaviour records against them.

The Northern Ireland Housing Executive and Housing Associations have complete responsibility for allocations of any property they have, informing us that they are governed by the policies laid down by Governmental regulations when it comes to allocations this is the usual response we receive when we highlight these cases.

The Housing Forum does not agree with these policies and maintain that more thought should be given to the surrounding neighbours when housing known anti social individuals within this community.

The Forum with our local politicians have on many occasions brought these matters to the Directors of the N.I.H.E to see if these decisions can be changed and have highlighted the serious concerns they receive from the community with respect to these allocations and will continue to do so as long as known anti-social elements are forced upon this community.



Recycling for the



Card / Cardboard

Flattened card/cardboard. Individual items no bigger than the kerbie lid.

No wet, unflattened, or dirty card, cardboard. No plastic windows, cardboard drinks cartoons, takeaway pizza boxes or commercial card/ cardboard



Cans Food & Drinks

Rinsed food cans and drinks cans (steel & aluminium) aerosol cans and biscuit tins

No cans containing paint etc



Plastic Bottles

Any plastic bottle rinsed and SQUASHED (bottles only)

No other type of plastic



Papers

Magazines, junk mail, catalogues, brochures, white office paper and newspapers

No envelopes or plastic wrapping



Glass, Bottles & Jars

Rinsed glass bottles and jars

No ceramics, light bulbs and broken glass



Clothes

Clothes, shoes (in pairs) and bedding material (tied in separate bag please)

No duvets, dirty or wet clothes



Aluminium

Clean aluminium foil eg. Milk bottle tops, foil trays and lids (tied in a separate bag please)

No silver plastic crisp papers or dirty foil



Hand Tools

Old hand tools (saws, hammers, chisels and pliers)

No power tools please

What happens To Your Materials?

Glass, paper, aluminium cans, card and cardboard will be recycled back into the original product saving natural resources and energy.

Plastic bottles are recycled into a range of products including garden furniture, duvet fillings and fleece jackets!

Clothes and shoes will be sold for re-use.

Steel cans and aluminium foil will be smelted for general re-use.

Tools will be repaired by Tools for Solidarity and sent for use by skilled tradesmen, mostly in Africa.

For more Information call

FREEPHONE

0800 1691287

What are the benefits?

To you:

- Makes recycling convenient and accessible to everyone in the community
- The service is easy to use
- It will reduce your household refuse
- Keeps down the cost of waste disposal

To the environment and society:

- Reduces disposal of waste at landfill sites
- Saves energy, reduces pollution and preserves natural resources
- Creates local jobs
- Any profits from our service go back into the community

For more information:

Tel: 028 9084 8494

(7.30am to 6.00pm Monday – Friday)

Email: info@brysonrecycling.co.uk

Visit: www.brysonrecycling.co.uk

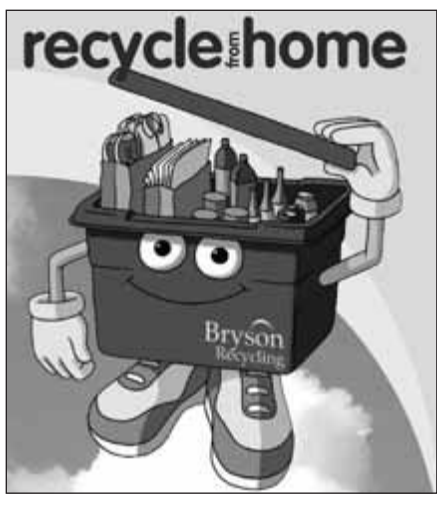
Recycling Is Easy -

Greater New Lodge

Why Recycle?



The North of Ireland produces one million tonne of household rubbish per year, most could be recycled again and again. It costs over £80 to collect and dump each tonne of household rubbish. Save energy and natural resources.



The CEP have been lobbying for several months to have waste recycling introduced to the rest of the New Lodge, Newington and Parkside areas who don't already have the service. We are pleased to welcome the introduction of the kerbside boxes from Belfast City Council through Bryson House contractors.

The second phase of the recycling scheme will start in November and it will take approximately three months for the whole area to be covered. The CEP will be cooperating on this with Bryson House and will keep people informed of developments. We have also been exploring different options for the Seven Tower Blocks, such as recycling banks at the bottom of the flats. It has been reported that in four years the land fill site at the Docks will close with the City Council having to pay for the removal of our household waste, this cost will probably be passed on to us, so it's not only environmentally friendly to recycle, it will also save us money in the long run.

Claire McCallum of Bryson House explained to the CEP "Our education department are already working with the CEP to develop environmental awareness educational programmes for children in the local schools.

This is one way to encourage recycling amongst the young who in turn can promote to parents and grandparents the reasons for and benefits of recycling. Hopefully this can have a knock on effect that encourages recycling thus improving the environment not only locally but on a wider scale".



CEP Workers with Bryson House staff

Collection days will be Friday & Monday

Please leave your box at the front of your property, and as close to the pavement as possible, where it can be seen.

Please have your box ready by 7.30 am

Please secure the lid with a heavy object on windy days!

If you have difficulty presenting you box for collection, please contact the office to arrange for assistance.

If you have excess material please use your local recycling centre or contact the office to request a second box. Thank you.



Keep Your Box Tidy!

Just Use Your Box!

Terry Enright Foundation Bursary Scheme

The Terry Enright Foundation Bursary Scheme will support 10 young people this year. It is open to young people aged 17-25 who have demonstrated leadership qualities in paid or unpaid work or in their communities.

You can receive a bursary to help you develop your skills or experience in any number of areas including:

- Politics
- Community Development
- Sports
- Outdoor Education
- Law/Medicine
- 3rd Level vocational education
- Arts
- Volunteering

The bursaries can be used to support travel, participation in an event, fees or equipment. The assessment of the awards will be carried out by a group of young people from across the community

For more information and an application pack contact BJMcKevitt on 90312831 or at tefoundation@hotmail.co.uk



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

Children's Minister Visits Ashton Centre



Paul Roberts, Kathy Stanton, Marie Eagleson and Christine McKeown

The Children's Minister Marie Eagle visits Kinderkids Day-care at the Ashton Centre to look at best practice in community childcare provision. The visit was organised by The District Childcare Partnership.

**Kinder Kids
DayCare
9074 2255**

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).

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

Sign Up for Free Text

Messaging Service

Job & Training Opportunities

Sent straight to your phone

For further details contact Cathy Valente on

90351332

Newington Credit Union Student Bursary Awards



At their AGM last year members asked the directors to set up a bursary scheme for young members going on to third level education either for academic or vocational studies. After examining a number of similar schemes a pilot was launched in October. Ten students were selected to receive awards of £400. The presentation of the awards will be made at our AGM in December.

Larry Fitzsimons BIFHE adjudicated and is pictured with students and directors from the Credit Union.

Electoral Registration Deadline 13 November

General Points

- Are all those eligible to **vote** in your home registered?
- Anyone turning 18 before Nov 30th can register now.
- This will be the last registration drive for 10 years.
- If you are not on the register you can not vote.
- If you are not on the register you will not receive credit.
- Prosecution may follow if registration form in not completed.

Completing Registration Form

- Registration form **MUST** be completed in **BLACK PEN**
- The following details **MUST** be complete:
 1. Surname
 2. Forenames
 3. Full Address
 4. Change of Surname (only if surname has been changed in the past two years).
 5. Previous Address (only if they have lived elsewhere in the past year).
 6. Date of Birth
 7. National Insurance Number
 8. Signature

Where a mistake has been made in completing a form you may score out the mistake and write the correct details to the side or underneath.

Registration forms can be collected from the CEP office at the Ashton Centre. Remember the deadline to have your registration form in is the 13th November 2006.



Xmas Factor 2006

Auditions for Xmas Factor

Friday 3rd November 7.00pm - 9.00pm
North Queen Street Community Centre (Recy)

Saturday 4th November 2.00pm - 4.00pm
Star Neighbourhood Centre

Applications Are Available
From Ashton Centre Reception

Age Range: 8 - 17

Applications **MUST** be returned by Friday 27th October

