

Greater New Lodge Community News Sheet

January 2004



Community Empowerment Public Information Meetings

As you may be aware from previous editions a series of public meetings are to be organised to give people an opportunity of discussing needs, issues and concerns affecting our community. The purpose of these meetings is to try and create the conditions whereby people can become more informed and can more effectively participate in the decision-making processes that affect our community. As part of this process we are announcing dates and venues for these meetings.

A Women's Public Information Meeting/Health and Pampering day will take place on Thursday the **22nd of January 2004 10.30 am until 3.30 pm at the 174 Trust Antrim Rd.** Food and refreshments will be available and information stalls will be present. As well as health advice, aromatherapy massage, reflexology, reiki, Indian head massage, Bach flower remedies, waxing and tanning and manicures will be available, first come-first served. All women are welcome and limited childcare places are available. To book a place for childcare or for any further information contact Mary Enright at 22 Cliftonville Rd, phone 90-590551.

A Senior Citizens Public Information Meeting will take place on Tuesday the **27th of January 2004 at 10.00 am until 2.00 pm at St Kevin's Hall North Queen St.**

Food and refreshments will be available and information stalls will be present. All senior citizens are welcome. If you are a senior citizen and you need transport for the day give a few days notice so that this can be arranged. Tell your friends and neighbours to come along and enjoy the day. For any further information contact Joe Kelly New Lodge Housing Forum 23 New Lodge Rd. phone 90-742399.

A Men's Public Information Meeting will take place on **Friday the 6th of February 2004 upstairs in Fitzgerald's Bar New Lodge Rd at 7.30.** After the meeting free food and refreshments will be available. There will also be fun and craic with a local history quiz. Everyone in the hall before 8.15 will receive a free ballot that will include a number of prizes. First prize 2 free tickets and fare to an upcoming Celtic match at Parkhead. Top Belfast band, Blackstaff will entertain with a night of traditional Irish music. Get into the community spirit and come along. As it is a Men's meeting it will be '**Men until Ten**', but in the interests of gender equality the doors will be open to all at 10.00pm. For any further information contact Joe Barnes 133 Hillman St 90-746798 or Joe Doherty at the Ashton Centre 90-742255

Christmas Fun at the 174 Trust

The 174 Trust provided the venue for this year's 'Christmas Family Party' and the event proved to be a tremendous success. Around 500 people turned up on the day. Event organiser, Christine McKeown, said she was absolutely delighted with how things had went, "Everyone had a really good time, the parents, the kids and even Santa appeared to enjoy himself".



We intend to make this an annual feature in the New Lodge and next year's Christmas celebration will be even bigger and better." There are still some 'Kids with Santa' photographs that have not been collected. Anyone wishing to collect their photos should call to the Ashton Centre and ask for Christine. Well done to everyone involved.



Belfast Safaris Tourism Project

A new tourism initiative has arrived in North Belfast. Belfast Safaris will put visitors in touch with the real experts in the neighbourhoods of the city, that is, the residents.

The City Safari project aims to create an economic regeneration through the medium of tourism. We are currently training eight local people to NVQ Level II in tourist guiding who when fully trained will be able to deliver guided tours of North Belfast. At present we are looking for local people/ community groups/businesses to come on to our database to act as hosts and greet tourists visiting the area.

For further information contact:
Marian/Leeanne on 02890
222925



Photos from top-left. Women from Bridges sewing group dressed in seasonal attire (Costumes were self made by Bridges), A familiar looking Santa, with local kids, Christmas workshops at the 174.

Memory Tree

A service to remember those people who lost a loved one through suicide took place at the 174 Trust on Sunday the 21st of December. Despite the wintry conditions over 300 people attended the moving ceremony to place personal mementos on a special memory tree.



The Reverend Bill Shaw who spoke at the non-denominational service said, "I would like to see resources put into helping families affected by grief in this way, as they are usually the last to come forward and ask for that help". Tragically, since the ceremony took place there have been at least two further instances of young people taking their own lives in the North Belfast area. A local suicide awareness support group entitled 'Public Initiative for the Prevention of Suicide and Self Harm' (PIPS) has recently been set up.

Anyone seeking help or support should contact Joe Barnes at 133 Hillman St. 90-746798 or Jo Murphy at 90-752990

Senior Citizens Shopping Service

The Star Outreach & Recreational Youth Project has just launched a new initiative to provide support to senior citizens in the New Lodge area.

The project is an "On Call" home shopping service that runs seven days a week, 4.00pm – 10.45pm (Monday – Friday) and 12.00noon – 10.45pm (Saturday & Sunday). The project idea came from local young people who are involved in other activities at the Star Neighbourhood Centre. There are a number of aims to the project including the break down of negative stereotyping by people in the community about youths.

The project has to be welcomed and thanks needs to go to those young people involved in the project for their commitment. The project is open to anyone aged 65+ and who finds it difficult to access local shops due to a disability or because of fear.

Any young people who would like to volunteer some of their spare time to help out in this worthy project should get in touch.

If you require any further information contact Seamus Hamilton at the Star Neighbourhood Centre – 028 90 740693

North Belfast/North Dublin Human Rights Project

Local community activist, Jim Deery, is to be placed on a secondment to a human rights project that involves a partnership between community groups from North Belfast and North Dublin. The purpose of the project is to look at how human rights legislation can be used to further community development and improve the quality of life for local people. This project will involve the whole of North Belfast and Jim will be very glad to come out and talk to groups who are interested in making use of this type of intervention. Jim said, "I hope people will become involved in this initiative as it provides a different approach to ensuring that ordinary people from places like the New Lodge are given the same opportunities as every one else in society".



Bridges Sewing Group

Bridges sewing group is made up of local women who are based in the Ashton Centre at 5 Churchill St. The group consists of 7 voluntary workers and are involved in various community activities including helping out with the New Lodge festival and local historical tours. In the photograph above taken at a recent Christmas event are some members of the group dressed in historical costumes that they made themselves.

Bridges do not receive any funding but sustain their activities through orders from the local community. The money this brings in is used to pay for rent, electric and maintenance. The Bridges sewing group offer services in alterations, curtain making, soft furnishings, addresses for formals and costumes.

Anyone interested in placing any orders should contact Kathleen or Anne at the Ashton Centre 90-742255

Active Citizenship for young people

Are you 16 plus and want to do an active citizenship project? The 6-month project will involve personal and team development, diversity understanding, conflict management skills and much more. The project will be cross community and will run in conjunction with youth groups in unionist communities. There will be residential weekends and will have accredited awards at the end of the project. The project will be fun-based and it is hoped that young people will come away with a more informed outlook on others in society.

See Joe Doherty for details. 90-742255

Droichead an Dóchais Stress Reduction and Management Centre.

Ashton Centre

Tel: 028 9074 2255. Direct Line: 028 9022 1022

Droichead an Dóchais opened officially in November 2001 providing complementary therapy including aromatherapy massage, reflexology and Indian head massage to people suffering from stress as a result of the conflict.

The stress centre has now 250 clients who thanks to North and West Belfast Health and Social Services Trust have received a minimum of 6 weekly one-hour sessions.

The Centre will be opened in the evenings until the end of March thanks to non-recurrent funding from the Local Health and Social Care Group.

Please feel free to contact Irene or Sean to add your name to the waiting list.

Training for Women

Any local women that are considering taking up some training might be interested to know that classes will be soon available in the old CDC building at 22 Cliftonville Rd. Project coordinator

M a r y Enright said,

“ A number of classes for women of all ages will be available,

these will include computer training in ECDL and Essential skills as well as training in First Aid”. For any further information contact Mary Enright at 90- 590551.

